

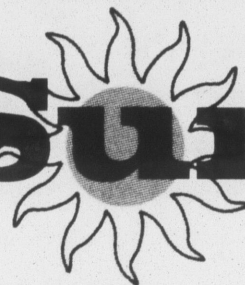
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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

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Thursday, July 8, 2021

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Quincy Farmers Market Returns To Downtown Location

By TOM GORMAN

The 39th annual Quincy Farmers Market opened its season last month at its original location in downtown Quincy featuring old and new vendors.

The market, which had been located at Pageant Field the past several summers, is now back in Quincy Center in the new Kilroy Square on Cottage Avenue, between The Fours restaurant and the new parking garage. It is held every Friday, noon to 5 p.m., rain or shine.

When the market originally opened in 1982, it was held in the Hancock parking lot that has since been transformed into a civic area and parking garage.

"The city wanted to bring the market back to the downtown area to the beautiful Kilroy Square," said Quincy Farmers Market manager Janet Little. "That was always the intention."

Cont'd On Page 18



LISA DYMENT of Quincy holds fresh strawberries she just purchased at the Quincy Farmers Market at its new location in Kilroy Square on Cottage Avenue in Quincy Center. Kilroy Square is adjacent to the municipal parking garage constructed at the former Hancock Parking Lot area.

Quincy Sun photos/Tom Gorman

Mulvey Eyeing Normal School Year Next Fall

By SCOTT JACKSON

Quincy School Supt. Kevin Mulvey is optimistic for a return to a normal school year in September, but said the district is preparing for alternatives scenarios as well.

The upcoming school year will be Mulvey's second as superintendent of the Quincy Public Schools, the state's 11th largest school district with an enrollment of 9,700 students. Mulvey, 48, had served as the deputy superintendent from 2013 until he was named superintendent in August 2020.

Schools statewide operated under special guidance last year amid the coronavirus pandemic, with rules in place regarding masks and

social distancing, among other things. Quincy schools began last year in a hybrid learning model before transitioning to a full in-person model in the early spring, though more than 40 percent of students opted to remain in the remote learning model through the end of the year.

Based on conversations he and Assistant Superintendent Erin Perkins have had with the state Department of Elementary and Secondary Education, Mulvey said he believes next year will look like a normal school year though some details - like masks requirements - remain unknown.

"From what we can see

Cont'd On Page 11

Learning Center Work To Start This Fall

By SCOTT JACKSON

The city will begin converting a Wollaston office building into a new school for special education students this fall with the goal of opening the new facility in the spring of 2023.

Meanwhile, work on other school buildings will take place over the summer, including an overhaul of the auditorium at Broad Meadows Middle School.

The city will convert the office building at 178 Old Colony Ave., formerly home to Howard Johnson's candy factory, into a new school for special education students, primarily those with autism. The school will be known as the DeCristofaro

Learning Center in recognition of longtime superintendent Richard DeCristofaro.

In a recent interview, Supt. Kevin Mulvey said the project is now out to bid and work could commence on site as soon as September.

"We are hoping that construction will start in September or October so we are ready for June of 2023," he said.

The district hopes to open the building in the spring of 2023 so parents of special education students have the chance to view the facility and decide to send their children there instead of having them attend out-of-district programs, Mulvey said.

Cont'd On Page 11



QUINCY FARMERS MARKET owner and manager Janet Little is ready to welcome patrons to the market's new location in Kilroy Square on Cottage Avenue.

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More Quincy news:
The Quincy Sun.com

Exercises For Strengthening The Shoulders

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Summertime activities such as swimming, canoeing, kayaking, cycling, tennis, golf, mowing, hoeing, and hedge trimming, as well as lifting/playing with children/grandchildren can place significant stress on your shoulder joint and shoulder girdle muscles. If you are a baby boomer, or older, you have most likely experienced at least one shoulder injury. There are actually several muscles that control numerous joint actions around two of the body's most problematic joint structures.

The major muscles that control shoulder joint actions are the deltoids that raise the arms overhead as in shoulder presses, the pectoralis major muscles that extend the arms forward as in chest presses, and the latissimus dorsi muscles that pull the arms backward as in seated rows. These are relatively large and strong muscle groups that are somewhat resistant to injury.

However, underneath these prominent muscles lie the real workhorses of the shoulder joints. In fact, these relatively small and weak muscles are responsible for holding the shoulder joints

together, and for performing most of the rotational movements of the shoulder/upper arms. For example, when you are carrying a heavy suitcase, the small supraspinatus muscle plays a major role in preventing your upper arm bone from pulling away from your shoulder joint. One of the best ways to strengthen this important and often injured muscle is the so-called glass emptying exercise. Begin by holding a light (1 to 5 pound) dumbbell in each hand, elbows flexed to 90 degrees, forearms forward, parallel to each other and parallel to the floor. Slowly raise your elbows away from your body, as high as possible, while turning the dumbbells as if pouring water out of two glasses into the sink. Repeat this movement 4 to 8 times, then rest a minute before performing a second set of the exercise.

Another frequently injured area of the shoulder rotator cuff musculature is comprised of two external shoulder rotators known as the infraspinatus muscles and the teres minor muscles. These are the muscles that enable you to rotate your upper arm backwards in preparation for throwing a

baseball or football. Perhaps the best approach for strengthening the shoulder external rotation muscles is to use elastic resistance bands. The first exercise requires you to secure one end of the resistance band at about waist level, directly to your left side. Hold the other end with your right hand, elbow flexed to 90 degrees, forearm parallel to the floor, across your midsection just above your belt, with tension on the band in this starting position. Slowly turn your right upper arm clockwise while keeping it in contact with your side. Move your right hand in a semi-circle to the right, parallel to the floor, as far as comfortably possible. Perform 4 to 8 repetitions in a controlled manner, rest one minute, then do a second set of this exercise. Repeat this procedure with your left hand.

A more challenging form of exercise for the external shoulder rotator muscles is similar to the preparatory movement for throwing actions. This time, secure one end of the resistance band at about shoulder level, directly to the front. Hold the other end with your right hand, elbow flexed to 90

degrees, with both your upper arm and forearm parallel to the floor. Slowly rotate your right forearm upward and backward while maintaining your right upper arm in the same parallel-to-floor position. You may attempt to reach a vertical position with your forearm, but don't move far enough to cause shoulder discomfort. Perform 4 to 8 rotation actions, rest one minute, and repeat the exercise for a second set. Do the same procedures with your left hand.

Of course, you also have muscles that enable the opposite movements known as internal shoulder rotation. One of these is the subscapularis muscle of the shoulder rotator cuff. Because the large pectoralis major and latissimus dorsi muscles assist with internal shoulder rotation, the subscapularis muscle is rarely injured. Nonetheless you may reverse the above resistance band actions to strengthen the shoulder internal rotation muscles. For example, in the first internal rotation exercise start with your hand away from your body and bring it slowly across your waist, while keeping your elbow against your side. In the second

(more challenging) internal rotation exercise, face away from the anchor point of the resistance band, your upper arm parallel to the floor, your forearm vertical at a right elbow angle, with your hand directly above your elbow. Pull the elastic band downward and forward until your forearm is parallel to the floor. As with the previous exercises, perform 4 to 8 rotation actions, rest one minute, and repeat the exercise for a second set. Do the same procedures with your other hand.

In addition to shoulder joint actions, you have four shoulder girdle movements that do not involve the arms. Shoulder elevation (shrugging your shoulders) is accomplished by your upper trapezius muscles. Shoulder depression (the opposite action) is accomplished by the lower trapezius and pectoralis minor muscles. Shoulder protraction (rounding your shoulders forward) is primarily a function of the serratus anterior muscles. Shoulder retraction (pulling your shoulders backward) is accomplished by the rhomboid and middle trapezius muscles of the mid-back. While these are all important movements, the muscle responsible for these actions are not typically prone to



WAYNE WESTCOTT

injury.

However, to maintain strong upper back and neck muscles I recommend performing shoulder shrugs using moderate weight dumbbells. Hold the dumbbells at your sides, arms straight downward, and simply raise your shoulders toward your ears in a slow shrugging movement. Perform 2 sets of 6 to 8 repetitions each.

Wayne L. Westcott, Ph.D., is chairperson of the Quincy College Exercise Science Department and Director of the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne can be reached at 617-405-5978 or at wwestcott@quincycolllege.edu

Do We Really Need Sunglasses?

By Dr. CAROLANN SPERANZO, DHS, RDO

It is finally summer – time to get out and bask in the sun, sit and read on the deck, and head to the beach. The fashion industry is showing fabulous large, Jackie Kennedy styles. Are they really protecting or just cosmetic? Many are only able to tell when they get headaches from wearing them.

Are sunglasses important? Absolutely! Whether you are in bright sunlight

or hazy weather, the damaging ultraviolet (UV) rays still hold potential damage. Few realize UV rays are not just hurting eyes but also the eyelids and the delicate skin around the eyes. To minimize the risk of damage, sunglasses should be large enough and fabricated with both front and back surfaces to protect 100% of UV rays.

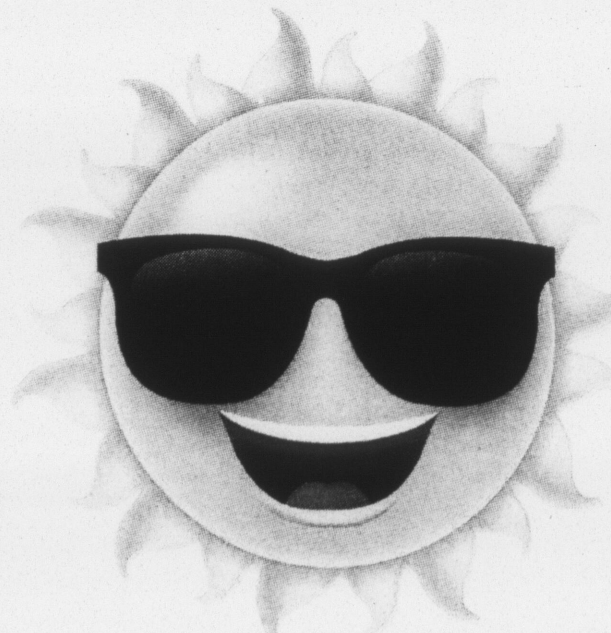
Over the past few years with more electronic screen use most are aware of harmful blue light. Blue light is also penetrating with solar glare. It has been shown in

studies that 15 minutes in the sun is equally damaging to 12 hours in front of a screen.

Now is the time to visit your Eye Care Professional (ECP) to view both prescription and non-prescription sunglasses to be fit properly and appropriate lens for your eyes. The ECP will assist you for best size, material and fit to provide coverage without being so tight to cause fogging in the heat. Lens choices include dark lenses from top to bottom, lenses that are dark on top and fade in color to enable one to see when entering stores, etc. and polarized lenses that also cut glare on the horizontal meridian.

Another choice is the transitioning lenses that go from clear inside to dark outside. While this is an option, most find greater comfort (and protection) with actual full sunglass lenses.

These days it is hard to invest in such necessities that many feel are luxuries. Do keep in mind that your vision is key to your active life enjoyment. It is helpful to view the investment that even a \$300 pair of eyeglasses costs you \$0.41 per day – in contrast to the average cell phone daily cost of more than \$2. So, consider how more enjoyable your summer will be with the protection and comfort of quality sunglasses!



Dr. Carolann Speranzo is a Registered Dispensing Optician and owner of SECOND SIGHT in Quincy since 1979. She is a Fellow of the National Academy of Opticianry and the Contact Lens Society of American and is certified by the Amer-

ican Board of Opticianry. Speranzo is also an Adjunct Professor at MCPHS School of Healthcare Business. She can be reached at 617-773-1178 or second sighteyewear@verizon.net

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DiBona Holding Office Hours At City Hall

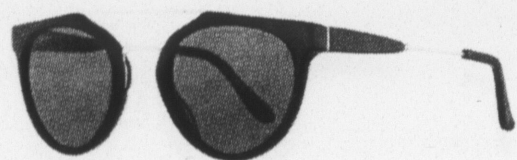
Councillor-at-Large Noel DiBona will hold summer office hours at Quincy City Hall in the Old Great Hall, McIntyre Building, 1305 Hancock St. on Wednesday, July 14th from 5 to 6 p.m.

DiBona hosts office hours to give the residents of Quincy an opportunity to come in and discuss any topics in-person. Other of-

fice hours this summer are Wednesday, July 28th from 5 to 6 p.m.; Wednesday, Aug. 11th from 5 to 6 p.m. and Wednesday, Aug. 25th, 5-6 p.m.

If these days or times don't fit your schedule you can email ndibona@quincyma.gov or call 617-834-4081 to arrange an appointment to meet with him.

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Americanisms



"It's a smile, it's a kiss, it's a sip of wine ... it's summertime!"

— Kenny Chesney

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Park, Rec Board Backs Town River Marina Purchase

The Quincy Park and Recreation Board unanimously approved a resolve to encourage Mayor Thomas Koch to investigate acquiring property along the Town River in Quincy Point, the mayor's office said in a statement.

The board cited the city's Open Space Plan goals and objectives as well as the lack of public boating access in Quincy Point as the main reasons for the resolve, which was approved on June 14.

The property at 662-674 Southern Artery, home to the Town River Marina, was specifically mentioned because of the boat ramp at the property, the mayor's office said. This property is directly adjacent to the Souther Tide Mill property

and could help unlock the potential of that site as well. It could improve both public access to the waterfront and tourism activity to the Tide Mill property.

The board further mentioned that the Recreation Department crew and rowing program has been bounced around quite a bit and this area would be ideal for a permanent home for the program.

The resolve referred to the Open Space Plan's goal to "connect open space to create river corridors" and to "encourage public access to waterfront areas."

The city currently provides public boat ramp access in Squantum and Houghs Neck, but there are no public boat ramps in Quincy Point.

DiBona Pitches Veterans Tax Credit Program

By SCOTT JACKSON
Councillor Noel DiBona wants the city to create a new property tax credit for veterans who work in the community on a volunteer or part-time basis.

DiBona introduced a resolution calling for the establishment of the new tax credit at the June 21 meeting of the City Council. Councillors passed the resolution in a unanimous vote that evening.

The resolution called on the City Council to work with the mayor's office and Veterans' Services Department to establish, develop and monitor a new tax credit program for veterans.

The program, as proposed by DiBona, would allow veterans to earn a tax credit of up to \$1,500 each year by working in the community on a volunteer or part-time basis at a rate of

\$15 per hour. All veterans in the city ages 18 and up would be eligible to earn such tax credits.

DiBona noted the city has a similar program that allows elderly residents to earn tax credits for volunteer work they do in the community.

"In 2016, my first year being on the City Council, we did a senior citizens tax credit program," he said. "I was thinking about the veterans and helping them out with the tax credit program."

DiBona's resolution did not identify a source to fund the program. DiBona told his colleagues he would like to see the program funded using a portion of the fees developers pay when they undertake projects in the city.

"Maybe veterans can work off of that," he said.

Quincy Honored For The Ninth Time With National Community Development Award

Mayor Thomas P. Koch and Planning Director James J. Fatseas announce the City of Quincy has received the John A. Sasso National Community Development Week Award from the National Community Development Association (NCDA).

This is the ninth time the city has received the award since 2004. The award recognizes communities for exemplary efforts to raise awareness about the need and importance of the U.S. Department of Housing & Urban Development (HUD) Community Development Block Grant (CDBG) and HOME program during the annual National Community Development Week (CD Week), most recently held April 5 - 9. The award was presented during NCDA's annual meeting, held recently.

NCDA modeled this year's online national strategy for CD Week after Quincy's past success with social media engagement. On Twitter alone, the na-



THE CITY OF Quincy was recently honored with the John Sasso National Community Development Week Award. From left: Sean Glennon, Community Development director; Mayor Thomas Koch; and Melissa (Horr) Pond, Senior Principal Planner and Quincy's Community Development Week coordinator.

Photo Courtesy Lisa Aimola/City of Quincy

tional #CDWeek2021 social media campaign reached over 4.2 million people. The US Conference of Mayors, American Planning Association, and other members of the CDBG Coalition took part in producing social media content to raise awareness of the federally funded program. HUD Secretary, Marcia Fudge, also com-

memorated the week with a YouTube video.

Locally, Mayor Koch recognized CD Week in a social media video update. The city's Department of Planning and Community Development created an ArcGIS story map, as well as a promotional YouTube video about the Office of Healthy Homes produced in English

and Chinese. Additionally, the City organized a site tour with Congressman Stephen Lynch to Manet Community Health Center, which will be receiving a CDBG allocation through the CARES Act to add an urgent care clinic, including radiology, within their existing North Quincy site.

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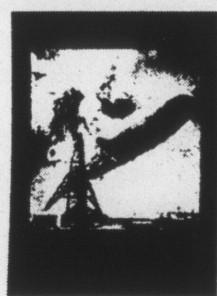
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Moments in time

THE HISTORY CHANNEL

• On July 8, 1776, a 2,000-pound copper-and-tin bell now known as the "Liberty Bell" rings out from the tower of the Pennsylvania State House (now Independence Hall) in Philadelphia, summoning citizens to the first public reading of the Declaration of Independence. In the fall of 1777, the bell was hidden in Allentown to save it from being melted down by the British and used to make cannons.

• On July 11, 1804, Vice President Aaron Burr fatally shoots his long-time political antagonist Alexander Hamilton in a duel. Burr's shot struck Hamilton in the stomach, and he died the next afternoon.

• On July 5, 1865, in London, revivalist preacher William Booth and his wife, Catherine, establish the Christian Mission, later known as the Salvation Army, to wage war against the evils of poverty and religious indifference. The Army currently works in 75 countries.

• On July 6, 1957, Liverpool teenagers John Lennon and Paul McCartney meet for the first time. Lennon was a member of the Quarry Men, scheduled to play at a public event. Two weeks later, Lennon invited McCartney to join the band.

• On July 10, 1962, the U.S. Patent Office issues Swedish engineer Nils Bohlin a patent for his three-point automobile safety belt. The traditional two-point belt had been known to cause severe internal abdominal injuries in a high-speed crash.

• On July 7, 1983, Samantha Smith, an 11-year-old American girl, begins a two-week visit to the Soviet Union at the invitation of Soviet leader Yuri Andropov after she wrote him a letter as part of a school project.

• On July 9, 1993, British forensic scientists announce they have positively identified the remains of Russia's last czar, Nicholas II, his wife and three of their daughters. The scientists used mitochondria DNA to identify the bones, which had been excavated from a mass grave near Yekaterinburg in 1991.

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Ground beetles are considered beneficial, as the adults are voracious eaters, and prey on bothersome pests such as ants, aphids, flies, cabbage worms, potato beetles, corn earworms, cutworms and lots of slugs. Some even eat weed seeds. They cannot climb, so they are limited to the ground as they forage nocturnally (hence their name). A ground beetle can actually live one to three years, so they can provide much pest control in exchange for a humble home in your garden under some dead leaves. Avoid using any pesticides around them. - Brenda Weiner

Source: www.motherearthnews.com, www.hortonsallhealth.com

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Learning The Pandemic's Health Care Lessons

By State Sen. JOHN KEENAN

The COVID-19 pandemic revealed and amplified deep inequities in our healthcare system, and the Commonwealth, despite previous successes in expanding health care, was not immune. Massachusetts must pave the way in addressing extreme healthcare costs and their underlying causes. The More Affordable Care (MAC) Act, currently before the Legislature, poses solutions to some of the greatest challenges in health care and should pass this session.

Conversations I have had with constituents through the COVID-19 pandemic highlighted important elements of challenges relative to coverage and cost: the unique struggles of small business owners, marginalized groups, and individuals in low-income living situations. Healthcare costs, and related access issues, that already posed problems only got worse during the pandemic.

The pandemic devastated our small businesses, and keeping up with mounting employee healthcare costs represents a challenging obstacle to rebuilding what we have lost. A recent survey from Small Business for America's Future found that more than one-third of small businesses providing health coverage to employees have held off on hiring new employees as a result of rising healthcare costs. The same group found in February that more than half - 55% - of small business owners said the cost of providing health insurance to employees was their biggest challenge.

On an individual level, COVID-19 also made the economic struggles of some of our residents more evident than ever. Our communities of color, those facing housing insecurity, people suffering from uncontrolled chronic conditions, and those living in low-income communities suffered much more severe impacts from the pandemic. Black and Latinx residents in Massachusetts were more likely to contract, be hospitalized for and die from COVID-19.

For decades, these communities, even those who are insured, have faced barriers to accessing care, particularly because of the high cost of health care. More than one-quarter of all Massachusetts residents have gone without necessary medical or dental care due to cost, despite the fact that most had health insurance coverage at the time. Black and Latinx families in particular have long been more likely to report unmet needs for medical or dental care than white families. As a result, these communities and those with uncontrolled chronic conditions such as diabetes, asthma and hyperten-

Op Ed

sion were at a greater risk for complications from COVID.

As Massachusetts seeks to build back stronger from COVID, we have an opportunity to learn from the pandemic—understanding what we learned about our healthcare system and the ways we can make it more affordable, accessible and equitable.

People should not face financial barriers to accessing critical care, especially for chronic conditions. Paying insurance premiums should not come at the cost of a business or a family's financial survival. People should not have to choose between picking up their prescriptions and picking up groceries. Small businesses should not have to choose between hiring new employees and providing their employees' with health insurance coverage.

Rep, Christine Barber and I introduced the More Affordable Care (MAC) Act in response to these lessons learned from the pandemic and in recognition of the challenges faced long before the pandemic.

This legislation will help ensure that people, especially those communities hardest hit by the pandemic, can access the care they need to get and stay healthy. The MAC Act would eliminate co-pays, deductibles and premiums for several treatments and services critical for individuals with chronic conditions that disproportionately impact communities of color and low income communities, including: diabetes, asthma/COPD, hypertension, coronary artery disease, congestive heart failure, opioid use disorder, and bipolar disorder/schizophrenia.

The bill will also take steps to reduce rising premiums that small businesses and residents face every year, placing an enormous strain on their budgets. The MAC Act would create a program to lower premiums for individuals and small businesses, create a healthcare consumer benchmark to ensure consumers do not shoulder more than their share of costs, and make the insurance rate review process more transparent.

I am proud to sponsor this legislation, and committed to working with my colleagues to move it forward so we can bring relief on healthcare costs to individuals, families, and businesses.

BBB: Beware Rescue Plan Act Scams

From July 15 through December 2021, if you qualify for payments through the American Rescue Plan Act, the Internal Revenue Service (IRS) announced it is sending monthly payments direct deposit, paper check or through debit cards.

These payments are an advance on the child tax credit, which means eligible people will get up to half of their child tax credit in these monthly payments and the other half when they file their 2021 taxes.

You can go to IRS.gov to see who qualifies, how much you may receive, and how to address any problems. You will also have the option of unenrolling from the Advance payments program.

According to the Federal Trade Commission, when it comes to government being in the news, the scammers will likely use their standard playbook, meaning impostor scams may appear, with con artists pretending to "help" you get your payments earlier, get more money, or commit identity theft.

BBB and the FTC share these tips:

- Avoid Impostor scams - Government agencies like the IRS or Social Security Administration will not call, text, DM, or email you.
- Do not give out any personal information, like social security numbers, bank account information, or credit/debit card numbers.
- Eligibility requirements and payment disbursements are monitored by the IRS only.
- When someone is requiring payments by gift card, wire transfers, or cryptocurrency, it is likely a scam.

Learn more tips on how to avoid scams by reading 10 Steps to avoid scams. If you have been the victim of this or another scam, make others aware by filing a report on BBB.org/ScamTracker.

You can also report scams to the FTC at ReportFraud.ftc.gov.

Concerts On The Lawn: Crowes Pasture Saturday

On Saturday, July 10 from 3 to 4 p.m. bring a chair or a blanket for a concert on the Thomas Crane Library lawn in Quincy Center.

Featured will be Crowes Pasture, a roots-infused, contemporary folk duo. Hailing from Boston, the ro-

mantic clawhammer banjo playing by Monique Byrne and expressive guitar picking by Andy Rogovin are enlivened by their personal chemistry and intimate harmonies. Nominated for an International Acoustic Music Award (Best Group/Duo

Finalist, 2020), a Boston Music Award (Americana Artist of the Year, 2019) and a New England Music Award (Roots Act of the Year, 2019), the duo's 2019 single, "Slow It Down" reached #1 on the International Folk DJ Charts and

their album by the same name reached #5.

In the event of inclement weather, this concert will be held the following Saturday, July 17th, at 3 p.m.

The concert is sponsored by the Friends of the Thomas Crane Public Library.

20 Residents On Wentworth Institute Of Tech Dean's List

Twenty students from Quincy are on the Dean's List for the spring semester at Wentworth Institute of Technology in Boston.

They are: Kenneth Cottrell, Tiffany Phan, Bjorn Armiri, Daidalithza Carballo, Molly Marie Donahue, Sarah Glozheni,

Paul Hardiman, Olivia Ortiz Murray, Michael Nguyen, Dylan Virgil O'Brien, Jordan Ortiz, Tedi Qafko, Peter M. Tang, Kevin Xiao, Peter P.

Chau, Gary Hui, Michael Wei Mei, Sophie Ann Wilson, Matthew Wong and John Zheng.

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Scenes From Yesterday



HOUGH'S NECK FIRE STATION, Quincy, Mass.

THIS IS A 1907 real photo postcard view of the old Houghs Neck fire station just after it was built on the corner of Manet Avenue and Sea Street. This building cost \$5,000 and it replaced an old shack that had been moved down from Wollaston. It was the new home to Hose Company No. 5, which was equipped with a new

horse-drawn combination hose and chemical wagon with four ladders. In charge was Captain W.H. Taylor shown here with his steward and two call men and their dog. The electric trolley tracks coming from Manet Avenue onto Sea Street can be seen under the horses. The present fire station on this site was built in 1947.

From the Tom Galvin Postcard Collection

United First Parish Church – 'Church Of The Presidents' – Reopens For Public Tours

For the first time since the COVID pandemic closed the doors to the United First Parish Church (UFPC) Visitor's Program, the church and presidential crypt has reopened for tours as of July 1.

Tours run daily from 11 a.m. to 4 p.m. Monday, Tuesday, Thursday through Saturday, and noon to 4 p.m. on Sunday. The church is closed on Wednesdays.

Admission is free, but donations are welcome as the program is funded through the gifts of visitors.

Known as the Church of the Presidents, UFPC was the worship home for the second and sixth presidents of the United States of America and now serves as their final resting place.

Tours are led by docents who will guide guests around the sanctuary, sharing its history and architecture, and will conclude the tour with a visit to the presidential crypt where President John Adams, First Lady Abigail Adams, President John Quincy Adams and First Lady Louisa Catherine Adams are all entombed.

In addition, visitors are provided with materials for self-guided tours at the nearby Hancock Cemetery which hosts revolutionary soldiers as well as such notable names as Col. John Quincy (Abigail Adams' grandfather and John Quincy Adams' namesake) and Rev. John Hancock (revered emeritus and father of the patriot John Hancock).

In keeping with the church's mission of being inclusive and its commitment to keeping everyone safe, COVID safety protocols will continue to remain in place during the 2021 tour season. All guests and docents will be asked to wear face masks during the tour and guests will be encouraged to maintain social distance from those not in their pod. In addition, the tour will flow one way through the building to further encourage social distancing and hand sanitizer will be provided at both the entrance and exit of the tour.

As part of the kickoff festivities, UFPC will also be hosting the honorary Naval laying of the wreath on John Quincy Adams' tomb to commemorate his 254th

birthday. Though access to the crypt will be restricted due to the confined space, all community members are welcomed and encouraged to attend the service which will begin at noon on Friday, July 9.

The visitor's program has been providing tours of both the building and the crypt since 1976 and has not missed a season until the pandemic in 2020. Prior to COVID, in one year, UFPC received 10,950 visitors, including people from all 50 states, Washington, D.C. Puerto Rico, U.S. Virgin Islands, and 42 different countries. UFPC looks forward to resuming its work in bringing history alive to people from all over the world.

To find out more, visit ufpc.org.

Quincy's Yesterdays

This Week
1982
39 Years Ago

Citizen Committee Proposes \$48,500 Salary For Mayor

A citizen study committee has recommended that the salary of the mayor of Quincy should be boosted from \$25,000 a year to \$48,500 in line with the salaries of similar sized cities.

The committee also recommended that the pay of part-time city councillors be raised from \$3,000 to \$4,500 per year.

The last time either the mayor or city council received a pay raise was in 1973 when the mayor's salary went from \$10,000 to \$25,000 and the councillors' from \$1,500 to \$3,000.

HANSEN NAMED CITY PERSONNEL DIRECTOR

Donald W. Hansen, 33, of Weymouth, executive assistant to Police Chief Francis X. Finn, has been named to the \$24,450 a year post as personnel director of Quincy.

Mayor Francis X. McCauley has requested that the position be taken out of Civil Service and the duties be expanded beyond personnel to include such related matters as data processing.

QUINCYISMS

Kelly's Pub and Grub, 27 Billings Rd., North Quincy, was holding "Ladies Night, Wednesday, from 7 p.m. to 1 a.m. – All Ladies' Drinks \$1.25".... The Quincy Sun Sunbeams column noted that two Quincy residents were commissioned Ensigns in the U.S. Navy, Reserve. **Brian Reidy**, son of **Tim** and **Eleanor Reidy** of Whitwell Street and **Michael Nee**, son of **James** and **Diane Nee** of Crabtree Road, Squantum. They received their commissions at the Naval Aviation School, Pensacola, FL. **Eleanor Reidy** is secretary to **Mayor McCauley**.... The Sunbeams column also noted that if **Congressman Brian Donnelly** left Congress to run for mayor of Boston, as rumored, that **Governor's Councillor Peter Eleey** and **state Senator Paul Harold** would in all probability, be candidates for Donnelly's congressional seat.... **Mrs. David MacIntosh**, Whitwell Street, Quincy, was re-elected to a one year term as president of the Quincy City Hospital Women's Auxiliary.... **Mr. and Mrs. John A. Mullaney** celebrated their 25th wedding anniversary at a surprise party hosted by their children at the Morrisette Legion Post, West Quincy.... Four Quincy students secured scholarships from the Quincy Women's Club. They included **Gregory Donovan**, Quincy High School, **Mark H. Rubin**, North Quincy High School, **Valerie Taylor**, Quincy-Vocational Technical School and **Ellen Bazzano**, Quincy Junior College.... **Edie's Sweet Shoppe**, 555 Hancock St., Wollaston, was running "Free Candy Making Demonstrations, Wednesday evenings at 7:45 p.m.... Two Quincy students received \$200 scholarships from the Joe Brett-Quincy Citizens Association Educational Fund. They are **Maura Doherty**, of Houghs Neck, a graduate of the Woodward School for Girls, who will attend Boston College and **Karen Lynne Pinel** of West Quincy who will attend Quincy Junior College.... **Thomas F. Gorman**, retired chief of the Quincy Fire Department, died at age 80. Appointed to the Fire Department on October 3, 1925, he served as chief from Nov. 7, 1947 until his retirement July 2, 1967.... Eastern Nazarene College was awarded a \$317,000 grant by the U.S. Department of Education as part of a program designed to strengthen developing colleges.... Colonial Federal Savings Bank and Loan Association, 15 Beach St., Wollaston, was offering student loans of up to \$2,500 per school year for Colonial Federal members.... Plans were being made for a testimonial dinner in honor of **Rabbi Jacob Mann** of Beth Israel Synagogue, Quincy Point. The event was scheduled for Aug. 22 at Temple Beth Am, Randolph.... **Ken McPhee**, a former North Quincy High football star and an assistant football coach for the past 10 years, was named head football coach at North Quincy. He succeeded David Burke who resigned.... The Pirates defeated the Braves 8-3 to win the Quincy Junior Farm League's National League title. **Mike Baylis** was the Pirates' winning pitcher, striking out 15 Braves. **Kelley Baylis** and **Steve Pearson** had three hits each while **Ron Last** homered.... Towne Auto School, 90 Washington St., Quincy, was advertising "A Compete Driver Ed Course for \$65".... **John R. McConville**, son of Mr. and Mrs. Joseph McConville, 29 Chickatabot Rd., Merrymount, was named to the Massachusetts Academy Dean's List.

READERS FORUM

Thanks Phelan, Palmucci, McCarthy For COA Support

The demographic that suffered the most during the pandemic was the senior population who often found themselves isolated from the rest of the community. Many of us who normally attend events at the Kennedy Center were unable to.

Therefore, it is extremely frustrating that Council President Nina Liang proposed a cut to the Council on Aging budget for the upcoming fiscal year. The proposal to cut was supported by Councillors Anne Ma-

honey, Anthony Andronico and Ian Cain.

Councillors William Harris and Noel DiBona amended their vote the following evening to support the proposed COA budget.

Special thanks to coun-

cillors Charles Phelan, Brian Palmucci and David McCarthy for their unwavering support of the Kennedy Center.

Donald Duggan
East Squantum Street
North Quincy

Commends Mayor For Spectacular Flag Day Event

After more than a year cooped up in our homes, it was unbelievable to see the entire community come out for the Flag Day Parade and fireworks. That fireworks show was the greatest I have ever seen in my life.

While other South Shore

communities cancel their events, Quincy goes all out to put on a show that makes us all proud to call Quincy home.

Under Mayor Koch's leadership, that has been a consistent approach. The city looks beautiful and has

never looked better. Quincy has emerged as one of the best communities in New England.

While others find ways not to do things, Quincy's "can do" attitude has cre-

ated a great place to live and raise a family. Great job Mayor Koch and all the people that made the Flag Day event so spectacular!

Matthew Beardsley
Quincy

Flag Day Fireworks Photos Pages 16, 17, 31

Arts & Entertainment

5 Artists From MA You Should Be Listening To

Mass Music Radio Spotlights Local Music Scene

By SHAMUS HILL

For those familiar with Mass Music Radio's monthly column within The Quincy Sun, you'll note that much of our work is centered around Massachusetts local music scene. In the last two months, we familiarized readers of the Quincy Sun with Quincy natives Glvss-house and Blessencee, both of whom are pioneering what it means to be a musical artist within the City of Presidents.

This month, I figured we would do something a bit different. Here are five artists who call the state of Massachusetts home, that you should most definitely be listening to.

VAN BUREN RECORDS are a collective of creatives that originally hail from Brockton. Consisting of Jiles, Lord Felix, Meech, Luke Bars, Saint Lyor, Ricky Felix, and several more, Van Buren Records is quite literally the mitochondria of the Massachusetts Music Scene at this current moment in time. This group of artists has received co-signs from artists all the way up to the top of the music food chain, helping provide a name for Massachusetts artists along the way. Their recent posse-cut album, *Bad For Press*, received a countless amount of praise from fans of music from across the world. If you're a fan of Hip-Hop music and have never heard about Van Buren up until now, then please put everything down and give their music a listen.

CALIPH is a Hip-Hop artist who immigrated from Senegal to the state of Massachusetts at the age of 5. Since embarking down the path toward crafting a discography of his very own, Caliph has grown into an immensely talented artist. His music has served as his primary form of expression,



VAN BUREN RECORDS Photo by Bodega

something which ultimately led to him being the recipient of a Grammy Award in 2018. Just this past week, he was featured on Mass Music Radio's Artist Spotlight Series – a weekly audio series which highlights artists from across the Bay State. I was able to speak with him about his recent album *Immigrant of the Year*, what it's like to make music alongside one's childhood friends, and what makes Massachusetts such a special place to him.

NEEMZ is an Alternative Hip-Hop/R&B artist, model, and photographer who is currently based in Boston. Combining her multi-faceted talents to constantly push the creative energy of Massachusetts forward in a bright, futuristic direction, Neemz is truly one-of-a-kind. Installing elements of her Palestinian heritage into her creative endeavors, the work that Neemz accomplishes signifies much more than just a personal success. She's on a mission to break down barriers, and create opportunity where it did not exist prior.



NEEMZ Courtesy Photo

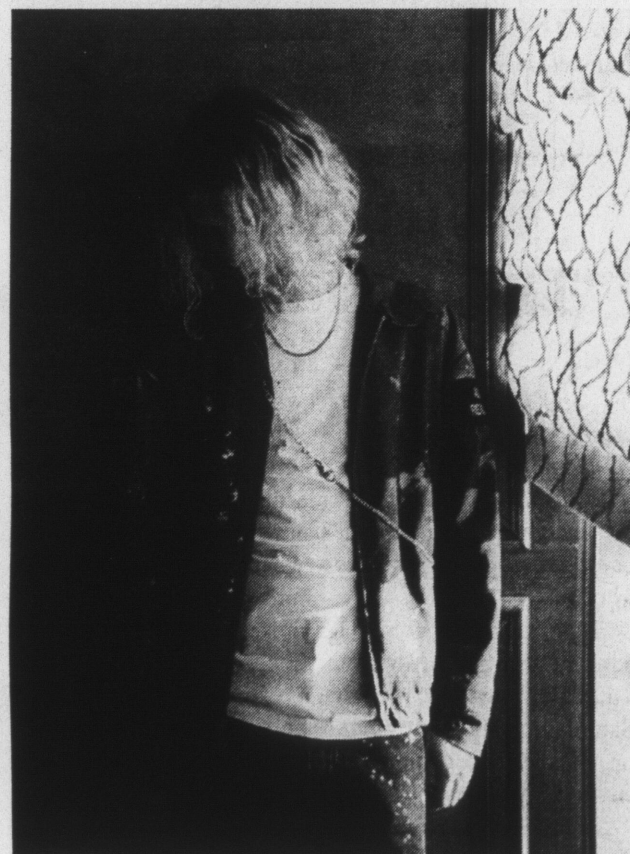
Her recent single "Awake" is one that both uplifts and inspires the masses, helping to make a difference within the lives of her listeners in as positive of a way as possible.

JOHAN LENOX is a classically-trained composer who's currently attempt-

ing to fuse the classical and contemporary genres of music. While his initial start in music was certainly not centered around the sounds we hear on mainstream radio, Johan has taken his unique skillset and applied it to some of Hip-Hop and Pop's biggest records of this cur-



CALIPH Photo by Dan Witmer



JOHAN LENOX Photo by Mitchell Zaic

rent moment in time. He's worked with artists such as Vic Mensa, Ty Dolla \$ign, Kota The Friend, and Cousin Stizz to name a few. If you're into both classical and modern music, then I certainly suggest giving a listen to Johan Lenox's recent chamber album. Additionally, I had the opportunity to speak with Johan Lenox at the Mass Music Radio station in Quincy Point, so if you are interested in listening to this interview, then be sure to head on over to Mass Music Radio's website! (massmusicradio.com)

KLEO is an Alternative Hip-Hop artist who originally hails from the Boston neighborhood of Roxbury. When Mass Music Radio was in its infancy, we had the opportunity to speak with this blossoming artist about what he would like to achieve with his music. Fast forward to today, he has two, full-length albums under his belt, and has shared his music with audiences

from across the globe. His most recent body of work was titled *1000 Year Grief*, and dealt with the surplus of emotions that Kleo faced a few years ago in life. The sonics on this project are truly groundbreaking, as Kleo doesn't attempt to conform with any style other than his own. He's a true artist at his core, and is someone from the state of Massachusetts who's really been making a name for himself with regard to music. If you want to learn more about *1000 Year Grief*, then definitely check out our Artist Spotlight interview with Kleo!

These five artists/groups of artists from Massachusetts are paving the way with respect to the art that represents individuals from our home state. If you're interested in learning about even more artists from Massachusetts, then be sure to listen to Quincy's Mass Music Radio, which serves as your go-to for finding the best of local music.

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Four Quincy Students Earn Springfield College Degrees

Four Quincy students recently earned degrees at Springfield College.

Alexandra MacPherson earned a Bachelor of Science degree in dance.

Bailee Carey earned a Bachelor of Science degree in health science and pre-

physical therapy.

Kelsie Dwyer earned a Bachelor of Science degree in health science.

Marquicia Phillips-Gadson earned a Bachelor of Science degree in human services.

Soledad Lalla Earns BFA

Soledad Lalla of Quincy recently graduated from Ithaca College with a Bach-

elor of Fine Arts in writing for film, TV and emerging media.

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Social

Heart-Warming Children's Book Teaches Kids About Colors, The Importance Of Including Everyone Quincy Author Jane Miller's Debut Book 'The Big Pop'

There are many vital lessons in life that children will learn about. In author Jane M. Miller's debut book, "The Big Pop," she educates young readers on the colors of the rainbow and the importance of friendship. She beautifully tells the story of a young balloon who embarks on a journey to make new friends.

The book follows a balloon named Red, who finds himself on an adventure that will teach him many lessons. As Red is floating over his home, the circus, he finds himself meeting all different colors of balloons.

Each friend that he meets is unique in their own way. Throughout the story, children will be happy to see Red make new friends with balloons of all colors while learning that every balloon can get along regardless of what they look like.

"I wrote and illustrated 'The Big Pop' for my twin brothers while I was in college," said Miller. "They had a fascination with balloons, which inspired me to teach young children the importance of friendship told by many balloons. While readers experience Red meeting new friends, they will also

learn how two different colors are mixed together; they can make another beautiful color. Children will be fascinated by the magic of colors and learn how important it is to love everyone just as they are."

Through the stories and colorful illustrations, readers will understand that regardless of what one balloon looks like, they can come together to make a beautiful friendship. Ultimately, "The Big Pop" will show kids how important friendship is while following along an exciting journey for readers of all ages.

"The Big Pop" by Jane M. Miller is available in softcover, hardcover and electronic at Archway Publishing, Amazon and Barnes & Noble.

Miller is from Quincy, and is currently a children's librarian and former elementary school teacher. While studying education at Boston State College, Jane combined her love of literature and art to write and illustrate "The Big Pop." Jane shares her love of books with her 16 grandchildren and countless others through her programs at the library.



AMY TRILLCOTT

Amy Trillcott Selected Presidential Ambassador Program At Endicott College

Amy M. Trillcott of Quincy and a 2018 graduate of Quincy High School, has been selected to The Presidential Ambassador program consists of a select group of Endicott College students who work collaboratively with the Office of the President, Institutional Advancement, and the Office of Alumni Relations. These students represent the mission and goals of the College and are ambassadors both on and off campus.

Trillcott, a member of the Class of 2022 at Endicott, is pursuing a degree in exercise science with a minor in psychology. While she's unsure of her exact path after graduating, she wants to be able to help others in any way she can. On campus, Amy is an orientation leader, resident assistant, and a co-president of the Commu-

nity Service Club. During her free time, Amy likes to dance, read, and spend time with friends.

This Spring she was inducted into the Phi Epsilon Kappa Honor Society, Phi Epsilon Kappa is a national professional honor society for persons engaged in or pursuing careers in physical education, health, recreation, dance, human performance, exercise science, sports medicine and sport management. The Endicott chapter is Eta Upsilon. The academic requirement for invitation to the society is a 3.3 grade point average in both the School of Sport Science and the College overall. Students in the School of Sport Science & Fitness Studies who meet this criteria are invited to join in their junior year.

Movie Review: 'F9: The Fast Saga'

By BOB GARVER

"F9: The Fast Saga" is the latest entry into the franchise started by "The Fast and the Furious" in 2001, which has been really inconsistent in its naming of each subsequent sequel.

Vin Diesel returns as Dominic Toretto, a drag racer turned thief turned unofficial secret agent. He's joined by his wife Letty (Michelle Rodriguez), sister Mia (Jordana Brewster), and friends Roman (Tyrese Gibson), Tej (Ludacris), and Ramsey (Nathalie Emmanuel) in going on missions to save the world, missions that always involve driving cars fast and dangerously, "furiously" if you will.

For this ninth installment (10th if you count the Diesel-less spinoff "Hobbs & Shaw"), the film throws a curve at Dom in the form of his estranged brother Jakob (John Cena). Jakob played a part in sabotaging their father's race car as a kid, resulting in his death. Dom drove Jakob off (pun intended) in a drag race, but now his brother has resur-

faced and is working with a spoiled German (Thue Ersted Rasmussen) to steal a device that will give them control over weapons systems around the world. Jakob and Otto have enlisted the services of the franchise's main villain Cipher (Charlize Theron), but she's so cunning and megalomaniacal, it's like she's enlisted them.

The best thing about the film, as always, is the action sequences, filled with affronts to the laws of physics. Here we get a chase through a jungle (complete with a collapsing bridge, a minefield, and a car stuck between two rocks upside-down over a minefield), a chase through London led by Queenie Shaw (Helen Mirren), a chase through Edinburgh with electromagnets so powerful they can suck a car clean out of a building, and an outer-space manual shutdown of a satellite using a car with a rocket engine, but which still counts as a "car" sequence.

Perhaps the most heavily-promoted aspect of the film

is the return of Han (Sung Kang), a character killed off in the third movie. It's nice to have the likeable character back, but this is at least the third time the franchise has brought back a character thought to be dead, after Letty resurfacing in the sixth movie and a villain turning out to be merely severely injured in the seventh. It's like this series can't keep anyone dead unless they were in the first movie, are a secondary villain, or have to go off and film "Wonder Woman." Even the real-life death of Paul Walker isn't sticking for his character, a creative decision I find distasteful, quite frankly. I get that these movies want to keep Walker's memory alive, but keeping him "alive" this literally isn't doing anyone any favors. In fact, it detracts from the perfect send-off he had in the seventh movie.

The real problem I have with all the resurrections and impossible survivals is that it removes consequences from the characters' actions. If someone's car explodes, they can just

walk away from the explosion (admittedly Dom's father doesn't, at least as far as I know, but at least one other explosion is survived in this film). If they fall from a great height, they can just land on a cushion. This makes me less scared of the characters exploding, falling and crashing in the first place and detracts from the film's excitement.

I know I'm supposed to "turn off my brain and enjoy the ride" with these movies, and I've been able to enjoy them in the past, but for this installment, I was bored. I was bored with the inevitability that these characters will survive no matter what they do. Even the characters themselves are getting bored with always surviving, and they make mention of it. If the "Fast Saga" wants to retain its fanbase, it can't afford to be boring.

Grade: C

"F9: The Fast Saga" is rated PG-13 for sequences of violence and action, and language. Its running time is 145 minutes.

Contact Bob Garver at rrg251@nyu.edu.

Eight Quincy Residents Graduate Curry College

Eight students from Quincy recently earned degrees at Curry College in Milton.

Ariana Monteiro, majoring in community health and wellness, earned a Bachelor of Arts degree; Jaclyn Donahue, majoring in criminal justice, Bachelor of Arts degree; Thomas Ross, majoring in politics and history, Bachelor of Arts degree;

Benjamin Adams, majoring in nursing, Bachelor of Science degree; Lisamarie Flora, majoring in nursing, Bachelor of Science degree; Jason Power, majoring in nursing, Bachelor of Science degree; Daphkar Preval, majoring in nursing, Bachelor of Science degree; and Yasmina Tinney, majoring in nursing, Bachelor of Science degree.

Chris, Trudy Peter Blood Drive July 13

The Houghs Neck Community Council will hold its annual blood drive in memory of Chris and Trudy Peter on Tuesday, July 13th

from 2 to 8 p.m. at the St. Thomas Aquinas Hall, Dar-row Street, Quincy.

Reservations are required, no walk ins. Contact

the American Red Cross by email or call 1-800-red-cross. For more information contact etimcoe@yahoo.com or 617-479-4107.

5 On MassBay Community College Dean's List

Five students from Quincy are on the Dean's List for the spring semester at Mass-Bay Community College in Wellesley Hills.

They are:

Damilola Ojomo Martin studying general studies; Jarupa Pisamai studying ra-

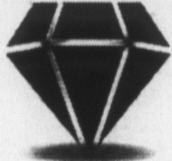
diologic technology; Antonia Kelly; Jenna Caldwell studying general studies; and Wiriya Wiwitted.

Catherine Mayo On Saint Michael's Dean's List

Catherine Mayo of Quincy has been named to the Dean's List for the spring

semester at Saint Michael's College in Colchester, VT. A junior psychology ma-

jor, Mayo is a graduate of Quincy High School.



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Quincy Choral Society Partners With Group In England

Quincy Choral Society announces an autumn digital performance of the Faure Requiem. The performance will be a collaboration between QCS and the Reigate and Redhill Choral Society in England. This endeavor is unusual in several ways.

Because of COVID 19, neither chorus was able to rehearse in person. In late winter Quincy Choral Society's musical director Sarah Labrie and her colleague Cole Bendall, conductor of the Reigate and Redhill Choral Society, met virtually to agree upon tempi, breath marks, crescendos and decrescendos so that both choirs will perform the Requiem in the same way. For the last several months, each music director has been working remotely with

his or her choir to prepare the music.

Most recently, thanks to the efforts of John McDonald, Jr., City of Quincy events coordinator; Todd Reichelt, general manager of the Marriott Boston Quincy; and Meg Maher, catering sales manager of the Marriott Boston Quincy, Quincy Choral has been able to meet in person for practice while following social distancing guidelines. Quincy Choral Society is deeply grateful to assistance given to further this project.

Plans for a UK-based professional orchestra to record the accompaniment live have been delayed because of the lockdown in the United Kingdom. But as soon as restrictions are eased in England, the project will be moving ahead.



QUINCY CHORAL SOCIETY has announced an autumn digital performance of the Faure Requiem. The performance will be a collaboration between QCS and the Reigate and Redhill Choral Society in England. Here the QCS practices at the Marriott Boston Quincy Hotel.

Photo Courtesy Quincy Choral Society

WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Mayonnaise Chocolate Cake Recipe A Recipe With A History

By MARIE

Whoever heard about using mayonnaise in chocolate cake, but recently my niece, Ann, made this chocolate cake using mayonnaise and it was moist and delicious! This recipe was introduced to her by a friend and was enjoyed so much by everyone, so she baked one too.

The history behind the Mayonnaise Cake varies; some say it was a recipe from the Great Depression, some say it is a recipe from World War II because dairy products were rationed, some say it was recipe was from the 1950s invented by a mayonnaise company. I guess it does not matter which story is true - it is a delicious cake that has many various recipes and here is one of them.

Pre-heat oven to 350 degrees; prepare a cake pan

Ingredients and Directions:

- 1 cup sugar
- 2 cups of flour
- 1 pinch of salt
- 2 tablespoons of unsweetened cocoa
- 2 teaspoons of baking soda
- 1 cup of mayonnaise
- 1 cup of cold water
- 1 teaspoon of vanilla

In a bowl, sift the sugar, flour, salt, cocoa and baking soda together and blend.

Then add in the mayonnaise, water and the vanilla.

Mix until well-blended put into a greased and floured cake pan.

Bake at 350 degrees until center springs back and sides come away from the pan, or a toothpick comes out clean.

In lieu of icing, just sprinkle powdered sugar on the cake.

Chicken And Salad

By SUZIE

Salads are everyone's go to meal on a hot day. A freshly made homemade one is so much better than the ones you can get at a restaurant, or takeout.

Here is a recipe that has everything you need and is a "chopped" style salad which makes it easier to eat as well. With chicken and bacon, a nice creamy Italian style dressing homemade dressing and lots of colorful crunchy vegetables, this is sure to be a favorite.

Great for leftover chicken and just make some extra bacon during the week so you have it on hand in a jiffy.

DRESSING

- 1/4 cup Greek Yogurt (Full fat is best when purchasing Greek yogurt)
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons wine vinegar
- 2 tablespoons chopped fresh chopped basil
- 1 tablespoon chopped fresh Italian parsley
- 1 tablespoon minced shallot (or red onion is fine)

- 2 cloves garlic, minced
- 1 tsp dijon mustard
- 1/2 teaspoon sea salt
- 1 teaspoon raw honey
- CHICKEN AND SALAD**
- 1 lb leftover or freshly cooked chicken chopped (it can be grilled, baked, however you prepare it is fine.)
- 4 cups chopped romaine lettuce
- 3/4 cup finely chopped red cabbage
- 3/4 cup diced red bell pepper
- 1/2 cup diced red onion
- 1/2 cup assorted cherry tomatoes, chopped
- 1/2 fennel bulb, halved again, thinly sliced

1 avocado, diced
2 slices cooked chopped bacon
To prepare dressing: Puree the dressing ingredients in a food processor or blender until smooth. You can also whisk if you are feeling like doing it the old school way.

Combine lettuce, cabbage, bell pepper, onion, tomatoes, fennel, avocado and bacon in a large bowl. Add the chicken and dressing and toss well. Season to taste. Enjoy!

Also unusual is the way the performance will be recorded. The two choral societies have been chosen to test a new musical collaboration platform called "Choirless." With approximately 80 singers across two continents, these two choirs will be the largest group to test this product to date. "Choirless" consists of a number of micro-services working together to create a video wall recording of a musical work. Each singer will make their own recording, and the software will create a musical whole.

Quincy Choral Society

was founded in 1981 for the purpose of bringing musical excellence to the South Shore and the world. In December 2015, the Quincy City Council recognized Quincy Choral Society for bringing music and joy to the City of Quincy for 35 years.

Named Quincy Choral Society's sixth Music Director in 2020, Sarah Labrie holds a B.M. in Music Education from Westminster Choir College and is graduating with both her M.M. and C.A.G.S. in Choral Conducting from Messiah University in July 2021. A

Boston-based conductor, Ms. Labrie, is also the Artistic Director of Vellichor Vocal Ensemble, a professional chamber choir, and is one of the choral directors at Stoughton High School, where she works with four curricular and two extra-curricular choirs. Outside of conducting and teaching, she actively sings with the Tanglewood Festival Chorus and in various choral performances throughout the U.S. and Europe.

For more information, visit Quincy Choral Society at quincychoral.org and follow the chorus on Facebook.

Quincy Retired Teachers Association Awards \$105,000 In Scholarships

21 Quincy High, 21 North Quincy High Recipients

The Quincy Retired Teachers Scholarship Board announces that 42 Quincy students in the Class of 2021 at North Quincy and Quincy High Schools will each be awarded a \$2,500 scholarship totaling \$105,000.

The Quincy Retired Teachers Association (QRTA) awards annual scholarships and their generosity goes back 40 years. The Scholarship Board was established in 1978, for the purpose of awarding scholarships when the association received a contribution from the estate of Warren Findlay, a math teacher at Quincy High School.

The fund has grown substantially over time from the estates of retired teachers and from donations from the community made in honor or in memory of retired teachers, community friends or family members. Over

the years, the Quincy Retired Teachers Association has provided approximately 1,000 Quincy students with scholarships totaling about \$2 million. This level of philanthropy for education by a local retired teacher organization is unmatched in the Commonwealth and beyond.

Contributions in any amount are welcome and should be mailed to: Quincy Retired Teachers Scholarship Fund, Office of the Superintendent of Schools c/o Laura Owens, 34 Coddington St., Quincy, MA 02169.

Students at each high school may apply for these scholarships through their respective high school's guidance department. The Scholarship Committee at each high school selects the recipients. Scholarship criteria are based on high academic or technical achievement, desirable character traits, financial need and active participation in school or community activities. Students who apply may be pursuing a traditional college or technical education.

The 2021 recipients are as follows:

North Quincy High:

Cristy Li, Jaelyn Egan, Steve Dalla, Charlotte Airosus, Angela Jee, Vivian Truong, Quang Vinh Tran, Charles Clifford, Kelly Ma, Tiffany Huang, Xin Rui Chen, James McGillicuddy, Jenny Yang, Kiara Wint, Gina Zou, Shino Chen, Brandon Chen, Sierra Rodrigues and Ying Lam Loo.

Quincy High: Jack Nelson, Hannah Murphy, Jose Las, Alyssa Ruan, Alvis Zou, Jessica Zisk, Niamh Mwafurirwa, Hsiu Tsao, Cindy Su, Charles Codner, Marsha Zheng, Emilia Henry, Megan MacNeil, Marsha Germain, Nora Donovan, Shirley Tang, Jacqueline Kane, Rachel Lafferty, Michelle Y. Chen, Benjamin Chin, Alec Munro, Ryleigh Smith and Isabella Hanley.

Brittany Brennan Earns Doctor Of Pharmacy

Brittany N. Brennan of Quincy recently graduated from Western New England

University in Springfield with a Doctor of Pharmacy.

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Social Security Matters

Ask Rusty: Can I Collect Survivor Benefits?

By RUSSELL GLOOR

National Social Security Advisor

At the AMAC Foundation, The Non-Profit Arm
Of the Association of Mature American Citizens

Dear Rusty: My husband and I were only married 5 years before he passed away from cancer. I am 61 and was told by SS that I don't qualify to receive his survivor benefits because we weren't married long enough, and because I made more money than him when he was alive. I still work fulltime and plan to continue until my full retirement age. Am I able to collect any of his benefits? Why can his daughter collect his benefits, but I cannot? **Signed: Frustrated Widow**

Dear Frustrated: You were given partially incorrect information by Social Security because you were married long enough to collect a survivor benefit, but there are also other rules which might affect your eligibility:

- You cannot have remarried before age 60 and be currently married.
- You cannot collect full survivor benefits if you exceed Social Security's annual "earnings limit." That you made more money than your husband (and are presumably entitled to a higher personal SS benefit) isn't material, but your earnings from work could be.

If you didn't remarry before age 60 and remain married, and if you don't earn too much money, you are eligible to collect a survivor benefit as your husband's widow. You can even claim your survivor benefit (only) while allowing your personal SS benefit to grow (if desired, up to age 70 when it reaches maximum). So, you may be eligible to collect a survivor benefit from your husband now, but if you're working full time, you may make too much money to be able to collect it at this time.

Social Security has an "earnings test" which applies to those collecting early benefits and which limits how much you can earn before they take benefits away. For 2021, the annual earnings limit is \$18,960 and if you earn more than that they will take away benefits equal to \$1 for every \$2 you are over the limit. That could mean you'll owe them more than you're entitled to in benefits, which would mean no benefits would be paid. Here's an example: Say you make \$60,000 per year working full time. If you collect the survivor benefit and because you haven't yet reached your full retirement age (FRA), you'll be subject to the earnings limit of \$18,960. At this earnings level you would exceed the limit by about \$41,000. Half of that amount would be about \$20,500, and SS would require you to repay them that amount from your SS benefits. Depending upon your survivor benefit amount, that could disqualify you from receiving monthly benefits.

As you can see from this example, if you work full time but do not significantly exceed the annual earnings limit, you may be able to collect at least some of your survivor benefits, but I cannot answer that without knowing your annual earnings and approximately what your survivor benefit would be. For clarity, the earnings test no longer applies once you reach your full retirement age.

Regarding your husband's daughter collecting a survivor benefit from him: a surviving minor child of the deceased can collect a survivor benefit until they are 18 (or 19 if still in high school). An adult disabled child who was disabled before age 22, is also eligible to collect a survivor benefit from a deceased parent.

So, let's recap: you were married to your husband long enough to be eligible for a survivor benefit, but you may have significant earnings which disqualify you from receiving those benefits right now. There is no longer an "earnings test" once you reach your FRA (66 years and 10 months), so at your FRA you could collect your full survivor benefit. And you could collect your survivor benefit only first and allow your own personal SS benefit to grow until you are 70 when it would be more than your survivor benefit. At that time, you would switch to your own benefit which would be about 25% more than your FRA benefit amount.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Quincy Youth Climate Group Launches Summer Cleanup Challenge

The Quincy Youth Climate Movement, a group of about 40 students from across Quincy Public Schools, spent the last year working on environmental projects. This summer you can join them in helping to clean up Quincy.

QYouth's Summer 2021 Cleanup Challenge invites Quincy residents to enjoy the summer by taking their normal strolls while also picking up litter and learning about waste disposal along the way. QYouth will be posting any photos shared to them from these walks on their Instagram story. But more importantly, they ask that afterwards participants fill out an online survey so they can collect data on how much and what type of trash is picked up this summer. More information on this ongoing challenge and how you can participate can be found on their Instagram @qyouthclimatemovement or on linktr.ee/qyouthclimatemovement.

The QYouth Climate Movement began in January 2020 when two local high school students—Katie Jjiang and Maya Dijkstra—approached local environmental group Quincy Climate Action Network (QCAN) about starting a youth chapter. Katie, a student at North Quincy, and Maya, a student at Quincy High School, didn't know each other, but both felt called to climate activism and noticed a lack of youth environmental groups in Quincy.



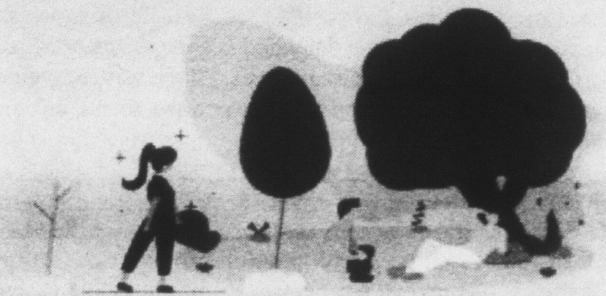
QUINCY YOUTH CLIMATE Movement members (from left) Alex Li, Antonie Tran, and Imadelali Arceo Graniel at the North Quincy High School taste testing.

QCAN was more than happy to support Maya and Katie's efforts, and QYouth Climate Movement formed with a mission to make Quincy's youth spaces more environmentally friendly, while also collaborating to protect the environment for future generations through direct action, education, and advocacy. Nameless at first, the small group of about seven passionate students met at the library and generated ideas for some future projects. They were concerned about the prevalence of plastic water bottles, unnecessary waste, fast fashion, and the lack of recycling education. They were a small group with big ideas.

Of course, 2020 was not the ideal year to start anything new. All things considered, the group should have faded away, but it didn't. After a brief hiatus,

**This summer,
QYCM is on a mission
to make Quincy a cleaner place!**

The warmer weather is perfect for going outdoors. Members of QYCM are taking the challenge to pick up some litter during our summer walks and we hope that you join us!



the group reconnected at the start of the remote school year—still motivated, or perhaps even more motivated, to address the change-year—still motivated, or

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AARP Research: Family Caregivers Face Significant Financial Strain, Spend On Average \$7,242 Each Year

New research from AARP shows that nearly 8 in 10 of those caring for an adult family member (78%) are facing regular out-of-pocket costs, with the highest burden falling on younger caregivers and those who are Hispanic/Latino or African American.

The organization is launching a national campaign this week urging Congress to do more to support family caregivers. AARP tracked what caregivers pay for using their own money and found average annual spending totaled \$7,242, and, on average, 26% of the caregiver's income. Housing expenses like rent or mortgage payments, home modifications, and assisted living made up more than half of caregivers' spending, followed by medical expenses at 17%.

"This research reflects the incredible strain and sacrifices the 840,000 family caregivers in Massachusetts face every day. They are the backbone of our long-term care system, yet their backs are breaking from a lack of support," said Mike Festa, AARP Massachusetts state director.

Out-of-pocket spending is much greater for some groups of caregivers, either in total dollars spent or as a percentage of average household income.

- Working caregivers who reported two work-related strains from caregiving, such as taking time off or working more hours, spend \$10,525 each year on average—twice as much as caregivers who report one or no work-related strains.

- By age, Gen X caregivers spent the most money at \$8,502, while Gen Z and Millennial caregivers reported the greatest financial strain, spending a larger share of their household income.

- Hispanic/Latino and African American caregivers also reported greater financial strain than White or Asian American caregivers. Hispanic/Latino caregivers spent, on aver-

age, 47% of their household income on caregiving, and expenses for African American caregivers totaled, on average, 34% of income.

- Caregivers caring for someone with Alzheimer's disease/dementia or mental health issues tend to spend more (\$8,978 per year and \$8,384 per year, respectively) than those caring for someone without those conditions.

In addition to direct out-of-pocket spending, caregivers are also experiencing indirect financial setbacks. Nearly half of family caregivers (47%) experienced at least one financial setback such as having to cut back on their own health care spending, dip into their personal savings or reduce how much they save for their retirement.

"AARP Massachusetts and our colleagues across the country are calling on Congress to pass the bipartisan Credit for Caring Act to provide some much-needed financial relief to family caregivers who work to help offset the cost of caring," said Festa.

AARP has endorsed the Credit for Caring Act, which would provide a tax credit of up to \$5,000 to eligible working family caregivers for expenses they incur as caregivers. The organization is launching a national campaign urging passage of the act and more support for family caregivers. The campaign involves significant grassroots advocacy, including at least 60 tele-town halls, a major digital and video advertising initiative, and social media outreach through AARP's national and state offices. Already, more than 100,000 contacts have been made with Members of Congress. In addition, more than 110 organizations, including 36 military and veterans service and support organizations, have joined AARP in asking Congress to pass the Credit for Caring Act.

More resources for family caregivers, including a free financial workbook, are available at aarp.org/caregiving.

On June 24, members of the Quincy Police Drug Control Unit (DCU) were working during in plain clothes and operating unmarked vehicles.

During this day, members of the DCU had established surveillance at various locations in the Adam Shore, Germantown, and Houghs Neck area. Detectives had set up surveillance in the area of Sea Street and Palmer Street due to complaints within the past few months.

At approximately 4:20 p.m., detectives observed a white BMW SUV make the left turn on Pequot Road, make a U-turn and stop halfway down the street. Detectives observed a male walk to the vehicle and make actions consistent with a drug transaction. The male then walked back from where he came and the white BMW left the area.

Members of the DCU know that street level deals of narcotics often occur when a dealer instructs the buyer to be at a specific location at a specific time so the exchange can take place. The transaction of money and narcotics can take place through an open car window or the buyer will get in the vehicle to make the exchange. This takes only seconds to happen.

Detectives spoke to the buyer who turned over two knotted plastic bags of a substance detectives recognized to be heroin/fentanyl. The buyer admitted to purchasing heroin/

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

fentanyl from the occupant of the vehicle. Detectives relayed this information to other members of the DCU who were now following the BMW.

Upon hearing that contraband had been recovered, a decision was made to conduct a motor vehicle stop of the BMW. Both occupants were placed into handcuffs. A search of the operator recovered a large fold of U.S. currency (\$2,776) from his pants pocket as well as two i-Phones that he was holding when exiting the vehicle. During a search of the passenger, detectives seized a black i-Phone.

A search of the BMW recovered an additional \$643 in U.S. currency, and sixteen (16) knotted plastic bags containing a powder substance believed to be Fentanyl secreted in a lint roller. The bags weighed over 30 grams with packaging. Officer Dabilis located and seized a small knotted bag containing a rock like substance believed to be crack cocaine in the rear seat of the BMW. In the center console

he located a Glock 43 38-caliber firearm which had a round in the chamber and five rounds in the magazine. Neither occupant of the vehicle possessed a License to Carry (LTC) a firearm. All evidence was packaged and turned into evidence. The U.S. currency was seized as drug proceeds pending civil forfeiture.

The 28-year-old operator from Roslindale was transported to the Quincy Police Station and charged with the following: trafficking fentanyl (more than 10 grams), distribution of a Class A substance (fentanyl), subsequent offense, possession of a firearm without ID, use of firearm in commission of a felony, illegal possession of ammunition, unsecured firearm, conspiracy to violate the controlled substance laws, and possession of a Class B substance (crack cocaine), subsequent offense.

The 28-year-old passenger from Boston was transported to the Quincy Police Station and charged with the following: trafficking fentanyl (more than 10 grams), distribution of a Class A substance (fentanyl), possession of a firearm without ID, use of firearm in commission of a felony, illegal possession of ammunition, unsecured firearm, Conspiracy to violate the controlled substance laws, and possession of a Class B substance (crack cocaine).

Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, JUNE 25

ARMED ROBBERY (past), 10:07 a.m., Grandview Avenue. In QPD lobby. States he was mugged while making a delivery yesterday. Report.

LARCENY (bike), 3:58 p.m., Chapman Street. Report filed.

LARCENY (house key), 3:59 p.m., Newbury Avenue. Reporting party is in PD lobby. Reports unknown male took a key to her residence from her son's room. Reports male now keeps returning to residence. Report filed.

LARCENY (phone), 4:42 p.m., Hancock Street. Reporting party states his phone was taken from his workplace sometime yesterday. No possible suspect. Phone has been turned off and on multiple times and is showing up on "Find My iPhone" in area of Webster Street. Phone was recovered on Williams Street. Property to be returned to the owner. Found property report.

SATURDAY, JUNE 26

LARCENY (entire bag stolen), 8:49 a.m., Road Street. Male in the QPD lobby now. Meds inside. Report to be filed.

LARCENY (iPhone cell phone), 10:14 a.m., Cathay Pacific, 111 Hancock St. Female in the QPD lobby now. Happened last night June 25 inside lounge. Report to be filed.

VANDALISM/PROPERTY (gray Nissan Xterra), 10:56 a.m., Baker Avenue. In the driveway. Back window is smashed out. Daughter on scene, will wait to help translate for parents. No suspect info case number provided.

BREAKING AND ENTERING/ATTEMPT (scooter), 7:32 p.m., St. Ann Road. White male, red scrubs, white t-shirt, had bolt cutters. Reporting party has picture. Neighbor following party towards Oval Road toward apartment building. Unable to locate the party. Report filed.

SUNDAY, JUNE 27

VANDALISM/PROPERTY (camera wires), 2:03 p.m., Granite Street. Possible security wires were pulled down off the building by unknown male outside, yesterday. Has video footage to report to officer. Report to be filed.

LARCENY (electric bike), 9:25 p.m., Woodbine Street. Black Wallkee electric bike, luggage trunk mounted on the back of it, was stolen from back of building. It was chained up and someone cut the chain and took the bike. Report filed.

VANDALISM/PROPERTY (vehicle), 10:13 p.m., Stop and Shop Supermarket, 65 Newport Ave. Reporting party is in PD lobby. States around 3-4 p.m. today a tire was slashed on his vehicle while in lot. He spoke to Stop & Shop about surveillance footage but they won't release it until a report is filed. Report filed.

MONDAY, JUNE 28

LARCENY (filled potters), 7:43 a.m., Central Avenue. Reporting party states that this morning she noticed two of her potters missing from out of the front of her house for the second time. Reporting party states that she does not want an officer dispatched, she just wants it on record.

BREAKING AND ENTERING/ATTEMPT (past), 8:36 a.m., Willow Avenue. Neighbor texted reporting party to the attempt, has a video.

LARCENY (from vehicle), 11:55 a.m., 38 Broad St. In QPD lobby. Report on larceny from a vehicle and malicious damage to same vehicle.

LARCENY (tools), 12:48 p.m., Centre Street. In a building under construction on property a new storage building. Worker missing five power tools, climbed over

wall to get in with a ladder.

LARCENY (backpack stolen), 3:03 p.m., South Shore YMCA, 79 Coddington St. Taken from office today. Has video. Meet by the front door.

LARCENY (past), 4:34 p.m., Water Street. Believes in-home nurse has stolen from his aunt. He is on scene with family. Report to be filed.

LARCENY (wallet), 6:34 p.m., Walmart, 301 Falls Blvd. Reporting party will be a customer service desk. Believed to have occurred around 5:20 p.m. States store will not review security footage without a report. Report to be filed.

LARCENY (cash), 8:11 p.m., West Street. See caller in QPD lobby. \$560 was stolen from the caller's person in her room. Report to be filed.

TUESDAY, JUNE 29

VANDALISM/PROPERTY (flower garden), 9:07 a.m., Island Avenue. Serviced.

LARCENY/MOTOR VEHICLE (scooter), 4:52 p.m., CVS Pharmacy, Southern Artery. Red Honda, two white males, one has a beard. Last seen fleeing towards Stop & Shop on the artery. Mass. State Police for be on the lookout. Female has yet to show up to lobby to fill out stolen form. Party went home to get information on scooter as she did not have it with her. She has yet to return.

LARCENY (debit card), 6:25 p.m., Planet Fitness, Adams Street. See caller in the QPD lobby about stolen debit card. Report.

WEDNESDAY, JUNE 30

LARCENY (money), 11:25 a.m., Winter Street. Report to be filed.

THURSDAY, JULY 1

VANDALISM/PROPERTY (ATM), 9:03 a.m., TD

23 Residents Pull Nomination Papers

8th Contender Emerges For School Committee; Rematches Loom For Ward 1, Ward 5 Council Seats

By SCOTT JACKSON

A new resident has entered the race for School Committee, bringing the total number of people running for school board this year to eight. New candidates have also emerged in the races for the Ward 1 and 5 City Council seats, setting up potential rematches from the last municipal election two years ago.

A total of 23 residents had pulled papers to run for City Council or School Committee as of noon on July 2. Candidates have less than a month to return those papers to qualify for this year's ballot.

The most recent candidate to take out nomination papers is Tina Cahill of

Grenwood Road, who is running for School Committee. She is married to Tim Cahill, the former state treasurer and Quincy city councilor who is now the president of the Quincy Chamber of Commerce.

There are three School Committee seats are up for grabs this fall.

All three incumbents whose seats are being contested — Douglas Gutro of Arnold Street, Emily Lebo of Highland Avenue and Courtney Perdios of Rugles Street — have taken out nomination papers to seek reelection.

Four other challengers have also taken out nomination papers to run for a spot on the committee: Ellen Pat-

terson O'Donnell of Hatherly Road, John McDonald of Quincy Shore Drive, Liberty Schaaf of Howe Street, and Liz Speakman of Merymount Road.

Perdios was appointed to the committee in February, filling the remainder of Anthony Andronico's term after he was appointed to the City Council. O'Donnell, Schaaf and Speakman were also nominated for the seat during the joint convention.

Also taking out nomination papers recently were Joseph Murphy of Macy Street, who is running for the Ward 1 seat on the City Council, and Stephen Christo of Standish Avenue, who is running for the Ward 5 seat.

The incumbent Ward 1 councillor, David McCarthy of Whitney Road, has pulled papers to seek reelection, as has the incumbent in Ward 5, Charles Phelan Jr. of Fenno Street.

McCarthy and Murphy have faced off in the last two municipal elections. They first ran against each other in 2017, when McCarthy was elected to an open seat on the council, and McCarthy won a rematch two years later. McCarthy received 1,954 votes in the 2019 election to Murphy's 1,005.

Christo and Phelan ran against each other for an open seat in 2019. Phelan outpolled Christo 1,372 to

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Mulvey Eyeing Normal School Year Next Fall

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from our discussions with the commissioner and his team is that when we go back to school in September, we will be going back normally, which is great," Mulvey said in a recent interview.

"Does that mean that the mask requirement will be eliminated? It is going to be contingent on a lot of things. Hopefully we don't have a variant or something like that that is going to cause an uptick in COVID cases. But, assuming we don't, and everything remains the same and it continues to decrease hopefully to zero, our hope is we go back to normal and the mask requirement is lifted.

"There is always the possibility that we go back to normal, but the mask requirement stays for students, kind of like what we were operating under just a few days ago at the close of school. But, for the summer programs, DESE is saying that masks are recommended but not required, so that is exactly what we are saying to parents – if you want to send your child to school and you want your child to wear a mask, they certainly can. If they chose not to, that is certainly fine too.

"Obviously, the social distancing requirements will hopefully be lifted. Again, this is all contingent on not having an uptick or a variant or something like that."

In response to capacity limits the state put in place and a shortage of drivers, the district changed its bus policy at the start of the 2020-21 school year to make fewer students eligible for transportation to and from school on a bus.

For the upcoming school year, Mulvey said he is optimistic that policy change can be reversed so more students will be eligible to ride the buses. The district is currently looking for additional bus drivers and the superintendent said he would know by next week whether last year's change can be undone.

"We will know by July 15. We have put together a team to address this. I met with parent representatives this morning on that, and our goal is to restore bus service as it was pre-COVID," Mulvey said.

"Since March of last year, March of '20, we lost about 10 and a half bus drivers and a significant amount of bus monitors, because of COVID – either they didn't want to work, or they were sick themselves and they didn't come back.

"In the last couple weeks, we hired three new bus drivers – we are hoping to get

that back up to 10 – as well as hiring bus monitors. We are doing everything from reaching out to the MBTA for new retirees who may want to continue driving a school bus, and they would already have all the criteria that they need. We have posted on a website called SchoolSpring, which kind of throws it out there state-wide and nationally, for bus drivers. We will also train anyone that wants to drive a bus – we will train them for free to get their license and all of that.

"We are doing all those efforts to get those numbers up, but it is our goal to restore bus service as it was pre-COVID. We will have more info by July 15. That is the deadline we set for ourselves to get that done."

While Mulvey is hopeful for a normal school year in 2021-22, he said the district would be ready if that is not the case. The district, for example, is buying 3,000 Chromebooks – on top of the thousands of Chromebooks purchased last summer – for students who might need them for remote learning.

"Our hope and DESE's hope is that by September we will be back to normal. We are certainly planning on that but, at the same time, we are planning Plan B, C and D too in case there is an uptick," Mulvey said.

"As part of that, we are ordering 3,000 more Chromebooks to just make sure that we have enough of those. As you know, last year we purchased a total of between 7,000 and 8,000 Chromebooks so this will be another 3,000 we have on hand in case, because we are watching as everyone is that variant that you are hearing about in the news – the Delta variant – and we just don't know. And, now they are saying that perhaps it is affecting children more than adults.

"We want to be prepared for any eventuality, but our hope is that we can go back to normal."

The district will also maintain its relationship with Manet Community Health Center, which helped vaccinate staff and students last spring.

"We are always maintaining our relationship with Manet," Mulvey said. "They have been excellent through this whole thing in getting our staff vaccinated and students who want to be vaccinated, vaccinated. We will continue that relationship too."

The district partnered with Manet to provide vaccination clinics at both high schools in early May, when the Pfizer vaccine was avail-



QUINCY SCHOOL SUPT. Kevin Mulvey says he is hopeful for a normal school year in 2021-22, but added the district would be ready if that is not the case. The district, for example, is buying 3,000 Chromebooks – on top of the thousands of Chromebooks purchased last summer – for students who might need them with for remote learning. Quincy Sun File Photo/Robert Bosworth

able to anyone age 16 and older. Mulvey said about 140 of the 2,500 or so students who were eligible at that time were vaccinated at those clinics. As a result, he said the district decided against hosting additional clinics for middle school students or younger high schoolers once individuals between the ages of 12 and 15 were able to get vaccinated.

"I know in talking to parents, some of them, a lot of them, opted to have their own pediatrician administer the shot rather than have Manet do it. So, it is not completely clear to us how many of our students have been vaccinated, because they have opted to get it from their own physician. But, through our Manet program, only about 140 students did," Mulvey said.

"Rather than carrying that down to the middle school level and early high school, we decided to invite parents to go to the Manet clinic at Old Colony and Manet would take care of them there rather than set up a whole new system in all the schools, because we didn't want to waste the resources of Manet."

Going forward, he said the district would recommend parents who ask about getting their child vaccinated contact Manet directly.

"We will communicate with the parents and invite them to go to the clinic Manet has on East Squantum Street because I think the one at Old Colony is going to be closing because the demand is so low," Mulvey said.

"Manet said they would accommodate anyone who wants it over there. If any parent wanted to do that,

they could certainly go there and get the shot there."

Mulvey said the district is not currently planning to require students or staff to get vaccinated against COVID-19.

"I know at the university level they are mandating it at many colleges and universities, but I don't see that happening in the pre-k-to-12 realm right now. We are getting no indication that the state is require it and certainly in Quincy we are

not going to require it. The only way we would require it is if the state mandated us to require it," the superintendent said.

"A large majority of our staff, I would say most of our staff, have been vaccinated. It is hard to tell because we haven't – because of HIPAA regulations and that sort of thing – been really tracking it. But, based on the numbers we did through Manet – we had a huge amount of staff get vaccinated. Some

staff elected to go through their own doctor too.

"Between that and the fact that we are hoping the numbers will continue to trend down and COVID kind of disappears and dissipates, we don't need to mandate vaccine. Again, it is all contingent on what happens if a variant arises or something like that. And, of course, if the state requires it then we will have to require it, but up until that point we won't."

Learning Center Work To Start This Fall

Cont'd From Page 1

vey explained.

"We are hoping that it will be June of 2023 rather than September of 2023, because we want to get families in there to see it so that they can make the decision to have their children go there rather than outplaced," he stated.

Plans for the building "look fantastic," Mulvey said.

"For instance, in the building itself, there will be a full-service kitchen. Initially, we were thinking we could like a satellite kitchen – prepare food and bring it in – but we are actually going to have a full-service kitchen there because we realized in visiting other schools that students with autism have particular food needs. So, we are actually going to develop that food there, which is great," Mulvey said.

"Then there are motor rooms. There is a gym in there. The classrooms will be state of the art. Every classroom will have a bathroom for the students. The

design itself is excellent. It will be exciting to see."

The superintendent said the pandemic has not slowed down the design or bidding process for the new school. Mulvey said he, Assistant Superintendent Erin Perkins and Public Buildings Commissioner Paul Hines were able to meet with the firm designing the new building, Quincy-based Wessling Architects, remotely as plans progressed. The pandemic has, however, impacted the cost to build out the new facility.

"It certainly has raised construction costs and construction prices – that is for sure. It hasn't necessarily slowed down the bidding process or the design process," Mulvey responded when asked about the pandemic's impact on the renovations.

"Myself and Mrs. Perkins, the assistant superintendent, along with Paul Hines...have been meeting pretty regularly with Wessling Architects in developing the plans and we have done that through CO-

VID through remote Zoom meetings and all that. So, it didn't really slow that part down.

"I know the construction costs are through the roof though – I have heard that – and I think that is everywhere. I don't know if the lack of supply of these things will slow the construction down. I hope not, but we will see what happens.

"We are moving forward anyway."

The new school will serve students from pre-kindergarten to grade eight, Perkins told the School Committee in December, and students will be assigned to neighborhoods within the school based on grade. The learning neighborhoods would be for students in pre-k, kindergarten through second grade, grades three through five, and sixth through eighth grade.

Each neighborhood will occupy a wing of the building and each will have its own unique theme. The

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Learning Center Work To Start This Fall

Cont'd From Page 11

district is hoping to use students' artwork to decorate the hallways of each neighborhood.

The building will have capacity for approximately 300 students; Mulvey said he expects an enrollment of around 200 students when it first opens.

Many of the students who would be served by the Amelio Della Chiesa Early Childhood Center will instead attend the DeCristofaro Learning Center once it opens. Mulvey said what happens to the ECC once the new building opens has yet to be determined.

"Almost all of the students at ECC will be moving over to the learning center, so we are thinking about what we are going to do with that space," Mulvey said.

"There are a couple of options — the School Committee will have to decide what those options are. It could be a district-wide kindergarten center or to relieve space at some of our more populated schools like

Marshall or Lincoln-Hancock, but that hasn't been decided yet."

The learning center project was first unveiled in the fall of 2019 and the City Council approved an \$8.5 million bond for the project, including \$6.8 million to buy the building from Eastern Nazarene College and \$1.7 million for design costs and initial work soon after it was unveiled. Last September, councillors approved an additional \$14 million bond for the build out of the school.

The city could save \$350,000 annually once the new learning center opens, even after accounting for the costs to staff, operate and maintain the building, by no longer sending special education students elsewhere, officials have said.

While the city is getting ready to get to work on the new learning center, maintenance will take place at other schools this summer.

"It is not going to be as active a year this summer as it was last year, again because of construction costs

that have gone through the roof because of COVID as well as availability of supplies and that sort of thing," Mulvey said.

"But what will be done is painting, plastering, some brick maintenance on the outside of our schools, some bathroom renovations at Atherton Hough, I think. That sort of stuff."

"There are not going to be any major renovations," he added.

The city had planned HVAC work for this summer, Mulvey said, but that work was moved up to last summer because of the pandemic.

"Probably this summer there would have been a significant amount of ventilation work done, but the mayor sped all of that up last year in August and got all of that caught up to speed because of the COVID needs and he spent millions on that," the superintendent said.

"That is all up and running. Dave Scott, the HVAC guy for the city, is excellent. He did a great job there.

"But, of course, that is continuous maintenance and that will be looked at over the summer to make sure it is running at top notch come September."

One project the city will complete over the summer is a renovation of the 350-seat auditorium at Broad Meadows Middle School. Mulvey said the auditorium is original to the school, which opened in 1957.

"This summer Broad Meadows will have their auditorium redone, which is huge and the plans for that look beautiful," he said. "That is really going to transform that space."

As part of the renovation, all of the seats inside the auditorium will be replaced. The city plans to auction off the old seats to give residents a chance to own a piece of the school.

"I don't know how we are going to do it just yet, but [it is] so people in the neighborhood can take them and put them in their home if they want to have some memorabilia of Broad Meadows," Mulvey said.

This spring, members of the School Committee asked Mulvey and his leadership team to look into possible ways to move the fifth grade classrooms currently at Point Webster and South West Middle Schools out of the buildings and into elementary schools. Mulvey said he hopes to provide the School Committee with an update on the matter in the fall.

"That is something we are going to have to work on this summer and it is going to be something we are going to have to closely work with the mayor's office on because the school department itself doesn't have a budget to hire like a construction engineer or a building engineer or whatever to determine, you know, would an addition at the Marshall School take care of the situation. Would an addition at the Lincoln-Hancock School take care of the situation, and how much is that going to cost," the superintendent said.

"That is something that is definitely out of our realm of

expertise so we have to go outside of the school department to help develop that feasibility study. The mayor's office and the building department has agreed to assist us with that, so that is what we are going to be working on collaboratively with them this summer to try put together."

"Keep in mind, we have got the learning center coming onboard and we have now the Squantum Elementary School coming onboard. So, we are busy getting all of that paperwork ready to go to make sure that goes smoothly.

"In order to get that fifth grade back, it is going to take some significant resources in order to make that happen and basically change the current model under which we are operating.

"Meanwhile, we are developing a learning center and preparing for Squantum so it will be difficult, but we will put the feasibility together hopefully for September or October — something like that."

Quincy Youth Climate Group Launches Summer Cleanup Challenge

Cont'd From Page 9

es they wanted to see in Quincy. Full of fresh ideas, they met virtually together, along with QCAN member and local parent Gina Favata as their advisor, in October 2020. They worked to build their membership and created a Discord server to make organizing and information sharing easier. Through the server, students post action items like urgent letter-writing campaigns to support environmental legislation.

Co-founder and QHS junior Maya Dijkstra introduced the group to the negative environmental impacts (water usage, carbon emissions, and others) of consuming meat and proposed that the group approach QPS about offering more plant-based meal options for lunch at the schools. QYouth collaborated with the Quincy School Nutrition Department and created a survey for Quincy students, collecting results from 950 students from across the district. And on June 8th,

three QYouth members — Alex Li, Antonie Tran, and Imdelali Arceo Graniel — managed a taste test at North Quincy High School. They gathered feedback on the samples and reported many positive reactions. Next school year, look out for these plant-based lunch options, courtesy of QYouth's efforts.

The lunch survey was just one of QYouth's many successful projects. By the end of the school year, they expanded their membership and created a full executive board.

While many of QYouth's members attended school remotely, social media was especially crucial to promote their mission. Using the arts to create awareness around climate change, Imdelali Arceo Graniel, QYouth member and QHS junior, is currently leading a trash art gallery online. The gallery encourages Quincy students to create art out of materials they already have at home that would have gone to

waste otherwise. QYouth reached out to schools and their art teachers for submissions. Members of the North Quincy High Sewing Club contributed pictures of their crafts, reusing old fabric. Other additions included recycled paper flowers and paintings using scrap plastic to create texture. The gallery is hosted on QYouth's Instagram page.

Furthermore, as QYouth continues to educate themselves on the environment, they began posting

infographics on Instagram. Using these infographics, they can educate their followers on various aspects of the climate crisis. The latest infographics shared facts on sustainable eating and fast fashion.

This past school year also saw the formation of more youth environmental groups in Quincy. On May 16th, QYouth Climate Movement collaborated with the Quincy High School Green Team and Science National Honor Society to organize a clean-

up at Nickerson Beach. Together, they filled bags and bags of trash. Inspired by these groups, QYouth hopes to have more collaborations like this in the future.

Now that it's summer vacation, the 2021 Summer Cleanup Project is perfect for the warmer weather. Everyone can participate and do it on their own time. The group hopes to be able to tally the data into infographics to bring awareness about trash in Quincy.

QYouth executive board

members Maya Dijkstra, Katie Jiang, Madeline Baryza, Christiana Nguyen, Imdelali Arceo Graniel, Jessica Chen, Antonie Tran, and Alex Li, as well as advisor Gina Favata, invite any environmentally minded students interested in joining them in their mission to sign up for emails about future meetings. QYouth Climate Movement can be contacted through Instagram, Twitter, or via email (quincyouthclimate@gmail.com).

Bridge, Park Honoring 18 Generals To Be Dedicated Sept. 11

Mayor Thomas P. Koch will dedicate the new Generals Bridge and Park Saturday, Sept. 11 honoring the contributions of 18 military leaders, all of whom were raised in Quincy.

The event is open to the public and will be held at the site of the new bridge and park at 10 a.m. at the corner of General Dunford Drive and General McConville Way in Quincy Center. The new Generals Park will honor three highest-ranking military generals with seven-foot bronze statues sculpted by world-renowned Sculptor Sergey Elanbekov. The sculptures portray military field impressions of General Joseph

F. Dunford (ret.), 36th Commandant of the U.S. Marine Corp and 19th Chairman of the Joint Chiefs of Staff, General James C. McConville, 40th Chief of Staff of the U.S. Army, and General Gordon R. Sullivan (ret.), 32nd Chief of Staff of the U.S. Army. Elanbekov also sculpted the statues of John Adams and John Hancock that reside in the nearby Hancock Adams Common.

Major General Francis M. McGinn, U.S. Army National Guard, the late Major General Charles Sweeney, U.S. Air Force, the late Major General Stephen T. Keefe, U.S. Air Force Reserve, and Brigadier General Ronald T. Rand, U.S.

Air Force, will be honored with bronze busts in the park area, sculpted by Elanbekov.

In addition, the names of 11 generals, all from Quincy, dating back to the 1700s, have been engraved in the park's commemorative stonework.

"We honor these generals for their devotion to our nation and the protection of its constitution, our way of life, and the welfare of the men and women who don the uniform," Koch said. "These men never sought accolades or rank, they were chosen to lead because they possess the virtues of leadership: integrity, courage, humility, loyalty. A grateful city is proud to claim them as our own and promote their legacies to inspire service to the community and the United States of America."

Koch will honor all living veterans and those currently serving in the military who grew up or live in Quincy as part of the ceremony.

The new bridge will connect Mayor Thomas Burgin Parkway into downtown Quincy Center's growing hub of restaurants, residential space and the newly opened parking garage at Kilroy Square.

The ceremony will include an introduction from the mayor, comments from Gov. Charlie Baker, U.S. Congressman Stephen Lynch and each of the honorees including Dunford, McConville, Sullivan, McGinn, Rand and designated speakers in memory of Sweeney and Keefe. A ceremonial flyby, musical selections, and the unveiling of the statues and busts will be included in the program.

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Quincy Real Estate Transactions
Appear On Page 21

JUL

8

2021

New Contracts For Police, Firefighters

Quincy's public safety unions, representing hundreds of police officers and firefighters, have agreed to an interim contract that will provide a 3 percent pay raise effective July 1, Mayor Thomas Koch's office announced.

The three unions – the Quincy Firefighters Association Local 792, the Quincy Police Patrol Officers Association and the Quincy Police Superior Officers Association – all voted overwhelmingly to support the agreement, which covers the fiscal year beginning July 1 and the prior fiscal year. Police and firefighters agreed to no raise for the prior fiscal year under the agreement.

The agreement purposely addressed no contractual provisions beyond the zero and 3-percent raise, other than it commits the Koch

administration and the unions to begin negotiations for a longer, three-year contract as soon as possible.

"I say it all the time, and it is not an exaggeration – we have the best Police and Fire Departments in our entire Commonwealth. I'm grateful for the work our men and woman sworn to protect us performed during this extraordinary year, their ongoing partnership, and their firm understanding that we're all in this together as a community," Koch said in a statement.

"This agreement achieves two goals: It provides a real wage increase they deserve while at the same time reflects the very difficult previous year in which our primary goal was to ensure that we protected core services and our workforce – which we were able to do across the board."

Added Firefighter Thomas Bowes, president of Local 792:

"It was a tough, dangerous year for our members, who showed up every single day on behalf of Quincy's residents during the pandemic. The members understood that the Mayor had our back throughout the crisis, and this agreement shows they were ready to similarly step up to protect the financial health of the City."

Added Police Captain Richard McCusker, president of the Quincy Police Superior Officers Association:

"The Quincy Police Superior Officers Association believes this is a fair, good-faith agreement that recognizes the challenges of the past year while moving us forward at the same time. We are eager to continuing

the open dialogue and productive working relationship with Mayor Koch and his team on the successor three-year contract."

Added Police Officer Gregg Hartnett, president of the Quincy Police Patrol Officers Association:

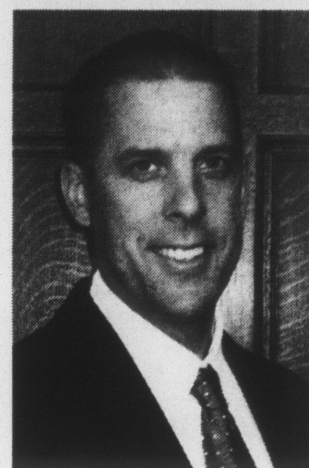
"Since most Covid-19 restrictions were lessened we were able to meet with the city to negotiate and ratify a two-year contract that enables us to move forward, putting the unique dynamics of the pandemic behind us. We look forward to working with the city to fairly bargain and ratify a three-year contract this time working through some language changes that better protects our membership going forward. Working in the City of Presidents we can always count on the loyal and steadfast support of this great community."

Alex Magay New Head Of School At Woodward School

The Woodward School Board of Trustees announces the appointment of Alex Magay as Woodward's next Head of School. Magay was appointed June 3 and his term officially began July 1 according to a press release from the school.

Magay holds a bachelor of arts degree in fine arts and art history and a masters of education in education administration from the University of Massachusetts, Amherst. He brings to Woodward more than two decades of senior leadership experience in independent schools and over 15 years of classroom teaching and coaching. Woodward officials said Magay's work at The Winchendon School and Learning Prep School has provided him the skills to successfully implement Woodward's mission and strategy.

Magay has become the leader he is today by learning from his experiences at each previous stop along his career. As a former teacher of fine arts, he learned that artistic expression is critical to a student's academic success, benefiting their personal growth and emotional strength. As a former basketball coach, he empowered students to reach their potential. And, as the former Dean of Student Life at Winchendon, he saw the importance of enriching the whole student experience and ensuring that academic



ALEX MAGAY

success was coupled with social-emotional support. In addition, Magay has served for over 20 years with the Massachusetts Air Force National Guard.

A native of Massachusetts, Magay enjoys fitness, reading, running, hiking, painting, cooking, basketball, and golf. His wife, Raman Magay, started her career as an educator teaching both at the elementary and high school levels. She transitioned her career into wellness and is now a restorative wellness practitioner, yoga teacher, and structural integration bodywork practitioner.

The Woodward School, located in Quincy Center, is an independent, secular all-girls school offering grades 6-12. With a classical prep-school curriculum Woodward has been educating and empowering young women to be leaders and exemplary citizens for over 125 years.

Woodward's appeal is to enhance student's creativity and innovative spirit through the arts, technology and the humanities. To learn more visit www.thewoodwardschool.org.

Baker-Polito Announce New Body-Worn Camera Grant Program For Municipal Police Departments

The Baker-Polito Administration has announced a competitive grant program to equip municipal police departments across the Commonwealth with body-worn cameras.

The Office of Grants and Research (OGR) within the Executive Office of Public Safety and Security will manage the 5-year \$20 million program, which is expected to fund 9,000 cameras as well as on-premises servers for secure video storage for municipal police departments. The Baker-Polito Administration included funding for this program as part of the FY22 Capital Budget Plan.

"Body-worn cameras create opportunities to strengthen relationships between local law enforcement and the communities they serve," said Gov. Charlie Baker. "We look forward to partnering with cities and towns to provide these important resources that will improve transparency and accountability."

"Through this grant program, our Administration will work with our partners in local government to strengthen public safety and improve accountability for local law enforcement," said Lt. Gov. Karyn Polito. "This technology will help improve relationships between community members and public safety officials."

"Body worn cameras provide municipal police

departments of every size with a transformative tool to advance public safety," said Public Safety and Security Secretary Thomas Turco. "Beyond evidence collection and accountability, law enforcement leaders can develop new training exercises and best practices guided by the insights the footage provides."

Municipal departments can apply for funds to begin a new body-worn camera program or expand an existing program. While only 10 percent of Massachusetts municipal departments operate a program, a recent poll by the Massachusetts Chief of Police Association indicates that more than 3 of 4 departments in both major cities and smaller communities are interested in starting a program.

As part of their grant application, each department will be required to submit a comprehensive deployment plan that must describe a deliberate and phased plan to deploy the technology, as well as specific ways the proposed program will enhance the agency's mission.

"With so much interest among police departments to adopt and implement this technology, we look forward to supporting municipalities through this unique funding opportunity," said Office of Grants and Research Executive Director Kevin Stanton. "Our OGR team recognizes the needs of Massachusetts

departments and remain committed to make impactful grant awards that reach communities of every size in the Commonwealth."

"Both our police departments and the communities in which they work will ultimately be better served by improved access of body-worn cameras," said state Sen. Walter F. Timilty, co-chairperson of the Joint Committee on Public Safety and Homeland Security. "Access to this modern technology enhancement to police operations will contribute to strengthening accountability, trust, and transparency."

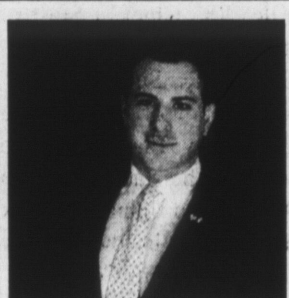
"Body cameras are a useful tool that keep both police officers and members of the public safe," said Rep. Carlos González, co-chairperson of the Joint Committee on Public Safety and Homeland Security. "Research has found that police-worn body cameras reduce de-

partment costs, promote best practices, and improve police-community relations. Grants such as these that expand their use serve to improve policing across the Commonwealth and carry out the mission of the police reform law we passed."

The applications became available to municipal departments on June 30 and will remain open until Monday, Aug. 30. For more information, visit: <https://www.mass.gov/service-details/justice-and-prevention-grants>

Timmy Keohane Graduates Marquette University

Timmy Keohane of Quincy recently graduated from Marquette University in Milwaukee, Wisconsin. Keohane earned a bachelor's degree in finance.



Armando Agnitti, Esq., CFSR
Anthony Agnitti, CIC, LIA

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Four Quincy Students On Quinnipiac Dean's List

Four students from Quincy have been named to the Dean's List for the spring semester at Quinnipiac Uni-

versity in Hamden, CT.

They are:

Khrystoffer De Jesus, Declan Murphy, Kevin Pedro and Sophia Trinh.

Quincy Access Television
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Quincy, MA 02169

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Public Access Channel 8

Thursday, July 8
6:00pm: Bethany Congregational Church
7:30pm: AM Quincy: Thomas Crane Library

Friday, July 9
11:30am: LIVE: Currently in Quincy
7:00pm: Merrymount 4th of July Parade

Saturday, July 10
12:00pm: Squantum 4th of July Parade
7:00pm: The Call

Sunday, July 11
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, July 12
11:30am: LIVE: Currently in Quincy
8:00pm: AM Quincy: Thomas Crane Library

Tuesday, July 13
7:00am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, July 14
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, July 8
10:00am: Exercise With Karen
12:30pm: Eldys' Yoga
6:00pm: At Your Library: July Happenings
8:00pm: TCPL Presents: Restorative Yoga

Friday, July 9
7:00pm: Good Deeds: Norfolk Registry of Deeds
8:00pm: TCPL Presents: Author Caroline Kautsire

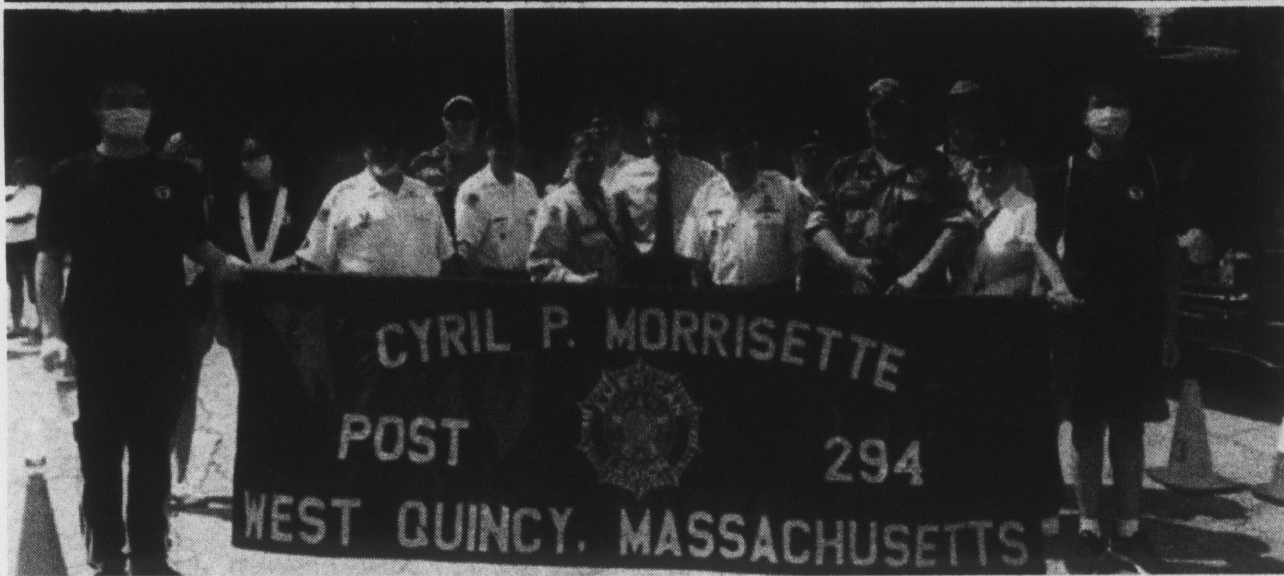
Saturday/Sunday July 10/11
9:30am: Good Deeds: Norfolk Registry of Deeds
12:00pm: MA Joint Comm Health Care Financing 6/29
8:00pm: TCPL Presents: Electric Transportation

Monday, July 12
6:00pm: On Q: Ep. #3
7:00pm: MA Joint Comm on Mental Health, Substance Use & Recovery Hearing 6/28

Tuesday, July 13
5:30pm: LIVE: Quincy Zoning Board of Appeals

Wednesday, July 14
9:00am: Tai Chi with Vince Journales
1:30pm: TCPL Presents: Henry Adams
6:00pm: In the Know: Norfolk Sheriff's Office

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org



A COMBINED COLOR guard and firing detail from the Cyril P. Morrisette Post No. 294, Quincy, marched in the annual Fourth of July Parade in Braintree June 26. Members are shown with state Sen. Walter Timilty and were assisted by cadets from the North Quincy High School Junior Air Force ROTC.

Photo Courtesy Morrisette American Legion Post

Toan Luong On Dean's List

Toan Luong of Quincy has been named to the Dean's List for the spring semester at the University of the Sciences in Philadelphia. Luong is majoring in neuroscience.

Bethany

Congregational Church

Sunday, July 11 is the seventh Sunday after Pentecost.

The Bethany Congregational Church service will begin at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist.

There will be a coffee hour after church with COVID precautions followed.

Bethany Congregational Church is located at 18 Spear St., Quincy. The church website is: bethanycongregational.org. Telephone number is: 617-479-7300.

You can attend Bethany services in person or view them online. Check the church website for instructions on how to watch.

Broad Horizons Preschool is open and accepting students both full and part-time.

To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

Picnic at the Park

sponsored by

The Friends of Faxon Park

Saturday July 31st
3-6 PM

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Trucks - Fun



Basic Bike Maintenance Outdoor Class July 14

The public is invited to the lawn at the Thomas Crane Public Library, Wednesday, July 14 from 6 to 7:30 p.m. for basic bike maintenance, presented in partnership with Quincycles!

Gain the confidence that comes with knowing how to keep your bike in working order in this class. League of American Bicyclists certified instructors will provide hands-on instruction on how to maintain tires and air pressure, how to check

and adjust your brakes, and how and when to clean your chain.

The class is not for diagnosing or repairing major fixes, but for helping you learn to know how to keep your functioning bike in riding condition. Bring your bike for a personalized experience.

In the event of inclement weather, the class will be held on July 21st at 6 p.m.

Sponsored by the Friends of the Thomas Crane Public Library.

Bereavement Program

The Mary Untier of Knots Bereavement Program of St. John the Baptist-St. Joseph Catholic Church is provided multiple times throughout the year. It is currently offered via Zoom and the next session will begin on Tuesday, July 27th at 7 p.m.

The program will continue for six consecutive weeks, meeting once a week and ending on Tuesday, Aug. 31st. This comprehensive program provides a sacred space to express your grief in a safe, welcoming and confidential group setting. The program incorporates Scripture and prayer, art and music, journals, meditation, etc.

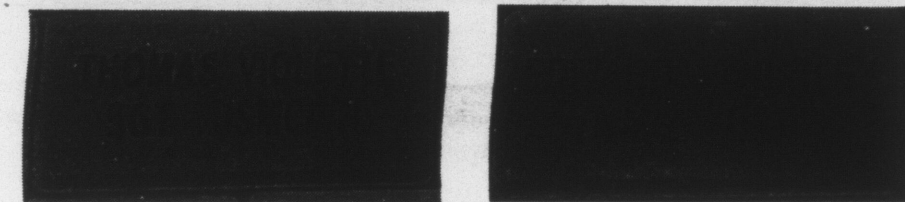
Participants will learn self-care and coping skills

as you share your loss with the bereavement team and the members of the group. Every person's grief experience is unique and you will be treated with compassionate, empathic listening as we accompany you on your spiritual and emotional journey of healing.

Group size is limited, so early enrollment is recommended. To enroll, send your name, address, phone number and email address to stjohns@stjohnsquincy.org. Or call the parish directly at 617-773-1021. When you hear the recorded message, press number 9 for the directory and then press number 1 to be connected to the Office Manager, Donna, who will take your information.

FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program



PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morrisette American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for PHASE 2 are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

BRICKS FOR VETERANS

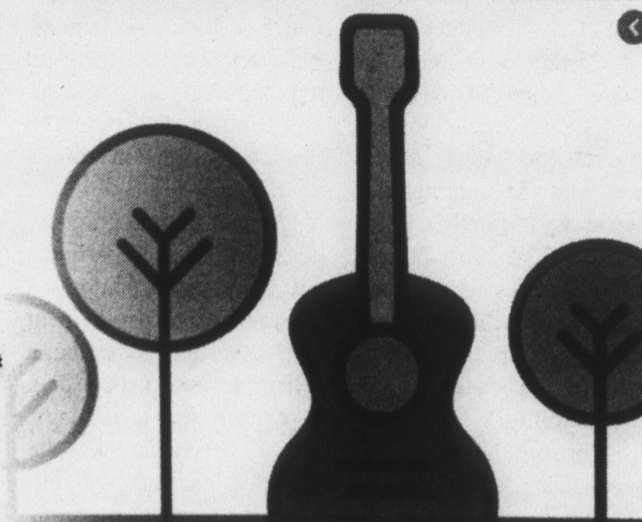
Line 1: Veteran Name/Rank: _____

Line 2: Branch of Service: _____

Bricks cost \$50 each

Send this form and check to:
S.A.L. Squadron 294
87 Woodcliff Road.
Quincy, MA 02169

For more information or to order, call 617-733-8026



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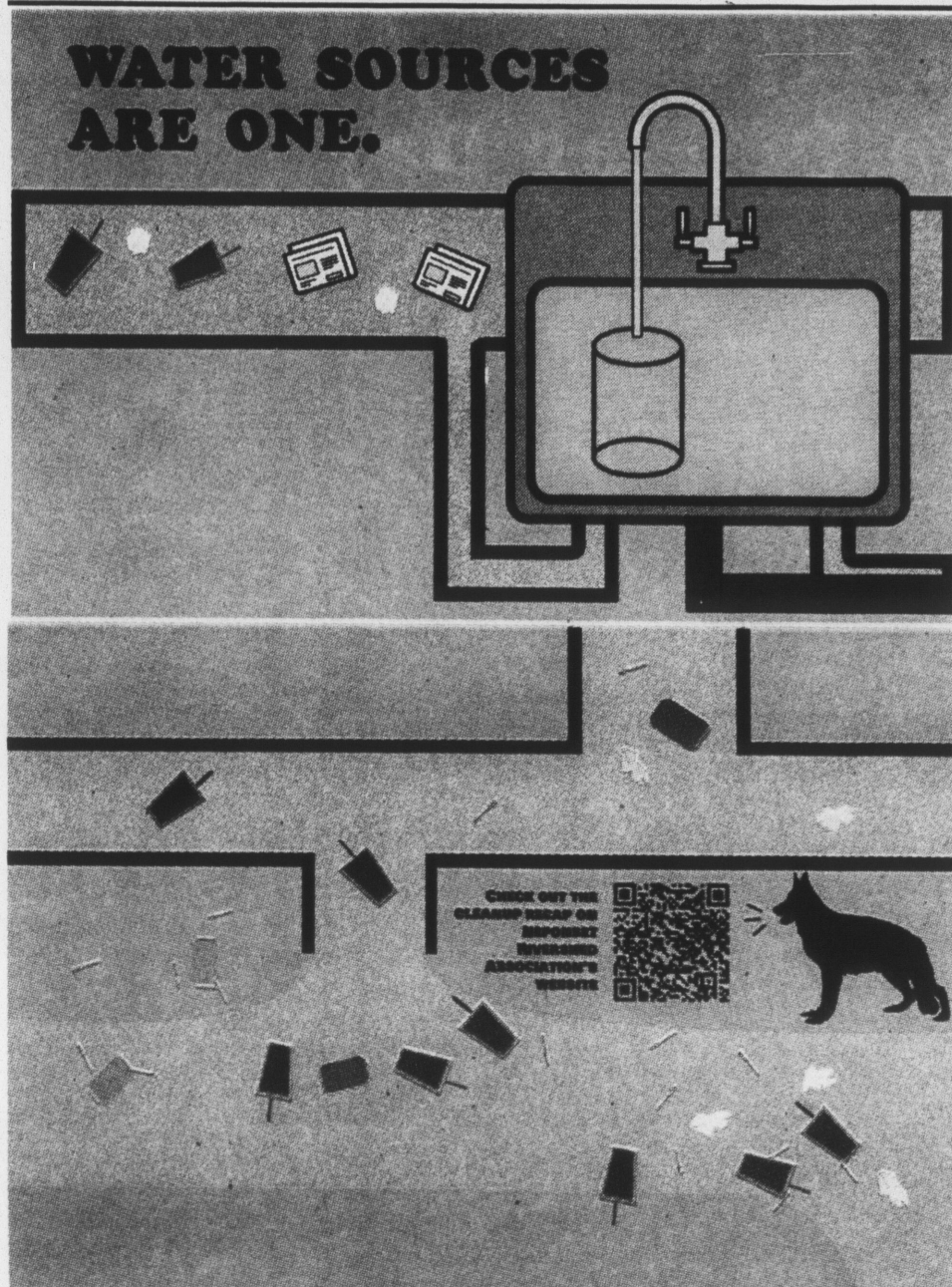
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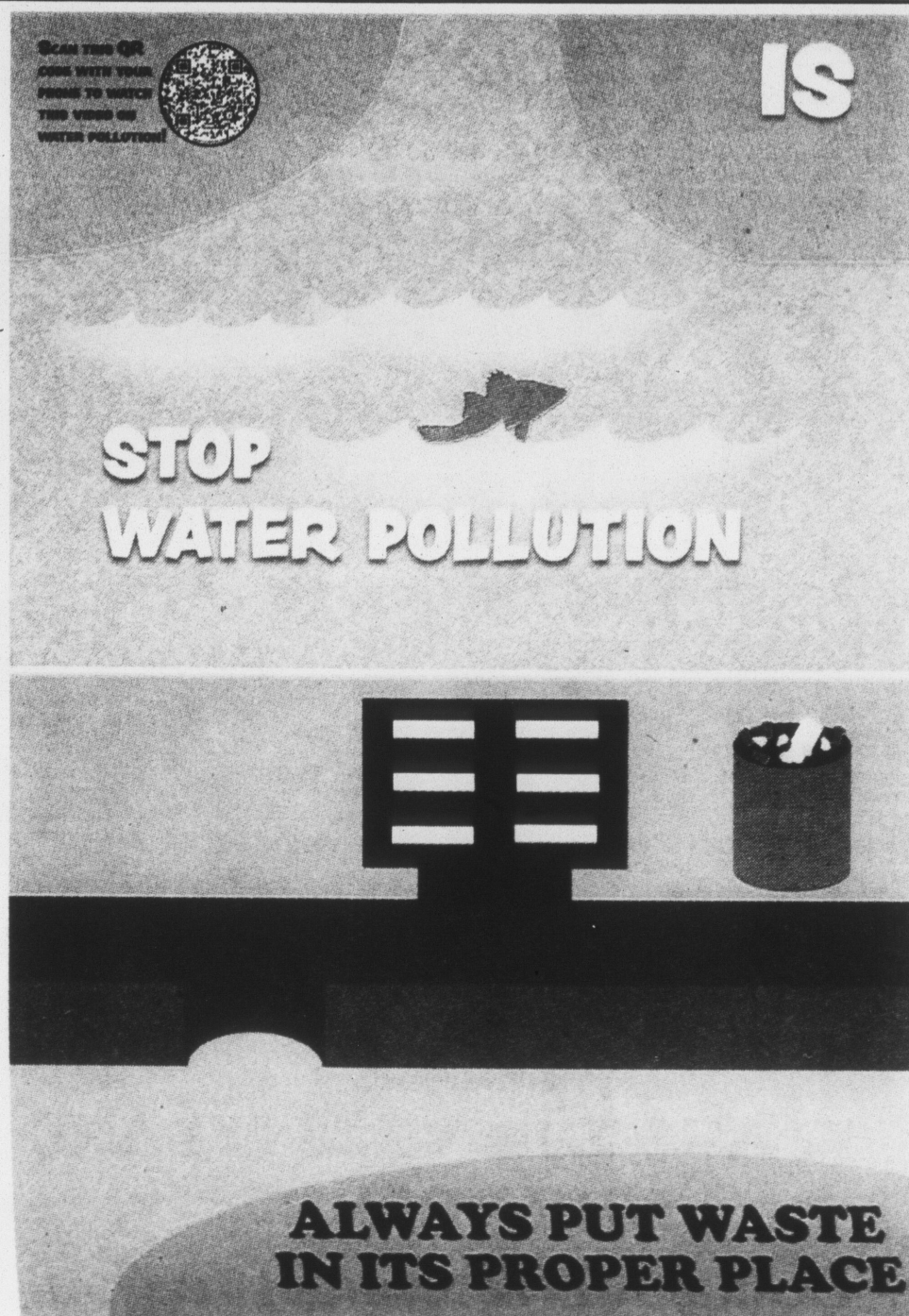
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NORTH QUINCY High School art students recently created posters to address pollution and stormwater runoff. Here are some of the individual student posters that were combined to make a tiled piece. Each individual poster is 11"x17."

Images courtesy Neponset River Watershed Association



NQ High School Art Students Address Pollution With Posters

Art students at North Quincy High School recently learned about polluted stormwater runoff and how it affects the waterways in their community.

Polluted stormwater runoff occurs when rain or snowmelt washes oil, gaso-

line, fertilizer, ice melt, dog waste—and other bacteria, chemicals, and trash—off streets, parking lots, and impervious surfaces and into storm drains. Storm drains connect to our local streams and ponds and deliver the polluted stormwater directly

into our waterways.

To help address polluted stormwater runoff, the City of Quincy is working with the Neponset Stormwater Partnership (NSP), a group of cities and towns in the Neponset Watershed

Cont'd On Page 32

SAVE the DATE

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VETERAN'S

SECOND ANNUAL

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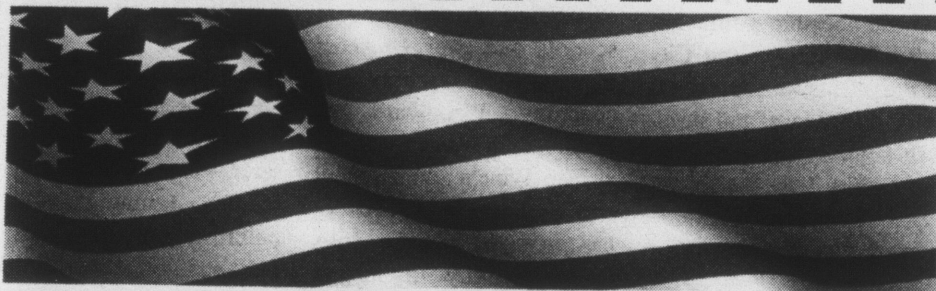
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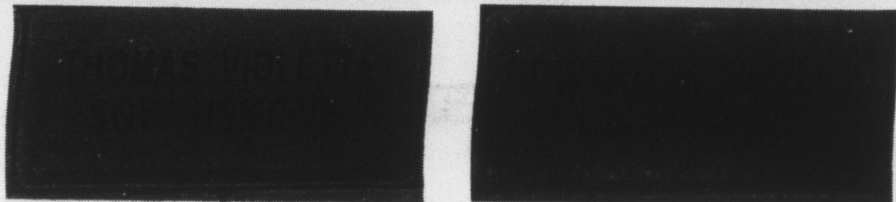
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Basic Bike Maintenance Outdoor Class July 14

The public is invited to the lawn at the Thomas Crane Public Library, Wednesday, July 14 from 6 to 7:30 p.m. for basic bike maintenance, presented in partnership with Quincycles!

Gain the confidence that comes with knowing how to keep your bike in working order in this class. League of American Bicyclists certified instructors will provide hands-on instruction on how to maintain tires and air pressure, how to check

and adjust your brakes, and how and when to clean your chain.

The class is not for diagnosing or repairing major fixes, but for helping you learn to know how to keep your functioning bike in riding condition. Bring your bike for a personalized experience.

In the event of inclement weather, the class will be held on July 21st at 6 p.m.

Sponsored by the Friends of the Thomas Crane Public Library.

Bereavement Program

The Mary Untier of Knots Bereavement Program of St. John the Baptist-St. Joseph Catholic Church is provided multiple times throughout the year. It is currently offered via Zoom and the next session will begin on Tuesday, July 27th at 7 p.m.

The program will continue for six consecutive weeks, meeting once a week and ending on Tuesday, Aug. 31st. This comprehensive program provides a sacred space to express your grief in a safe, welcoming and confidential group setting. The program incorporates Scripture and prayer, art and music, journals, meditation, etc.

Participants will learn self-care and coping skills

as you share your loss with the bereavement team and the members of the group. Every person's grief experience is unique and you will be treated with compassionate, empathic listening as we accompany you on your spiritual and emotional journey of healing.

Group size is limited, so early enrollment is recommended. To enroll, send your name, address, phone number and email address to stjohns@stjohnsquincy.org. Or call the parish directly at 617-773-1021. When you hear the recorded message, press number 9 for the directory and then press number 1 to be connected to the Office Manager, Donna, who will take your information.

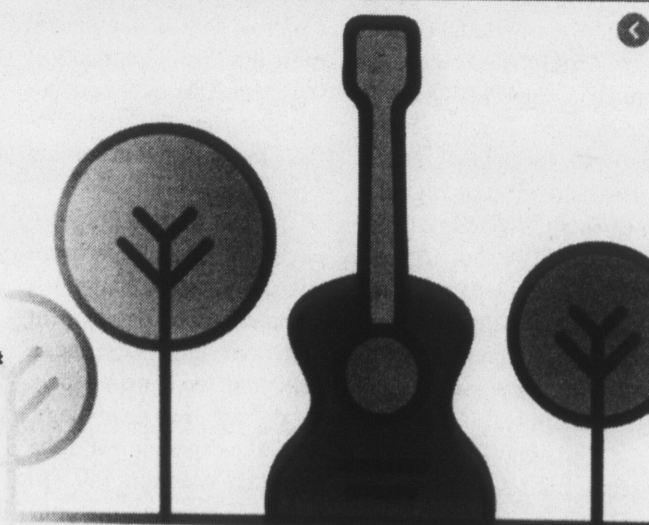
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Saturday July 31st
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Live Music - Food
Trucks - Fun



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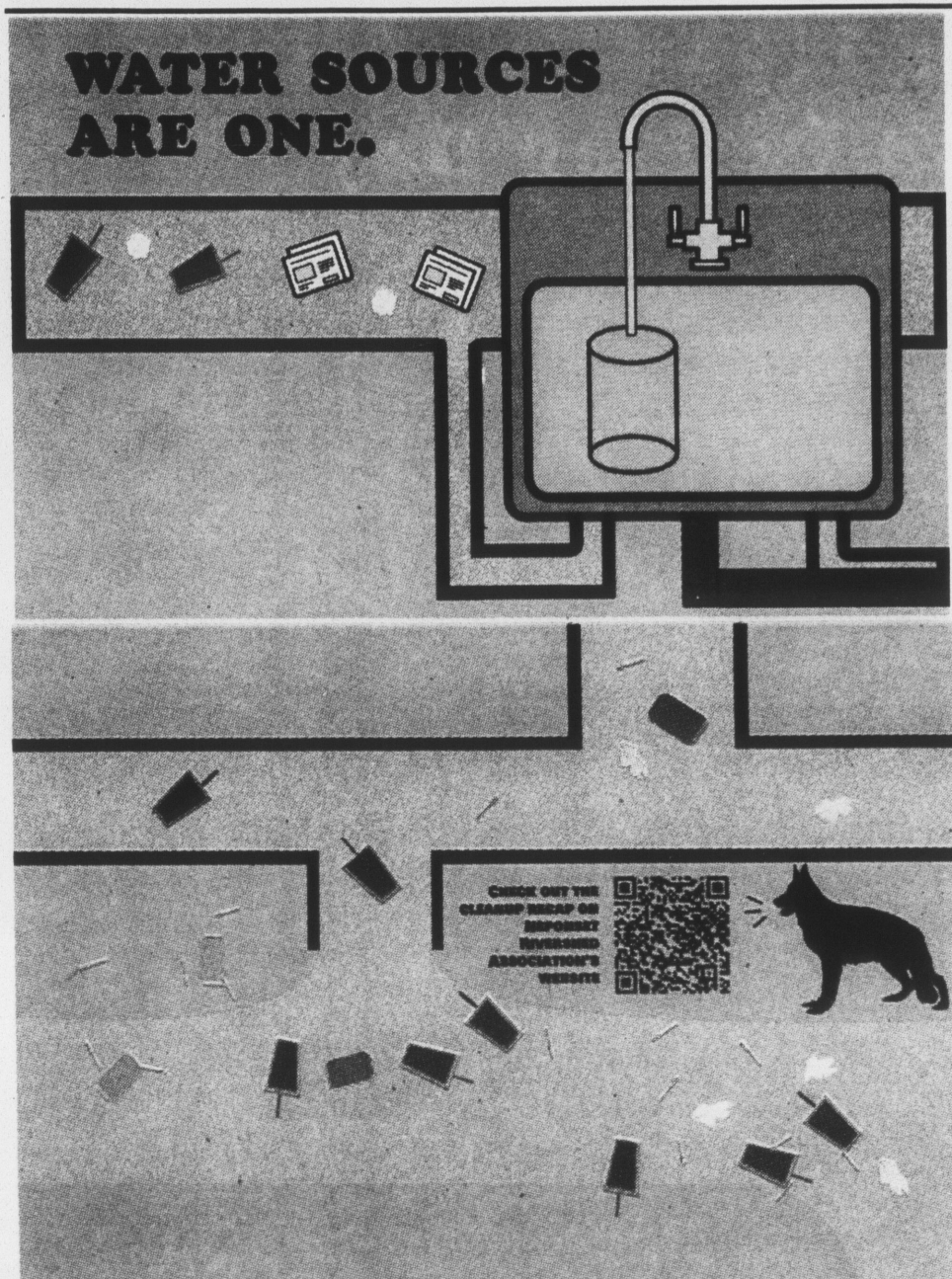
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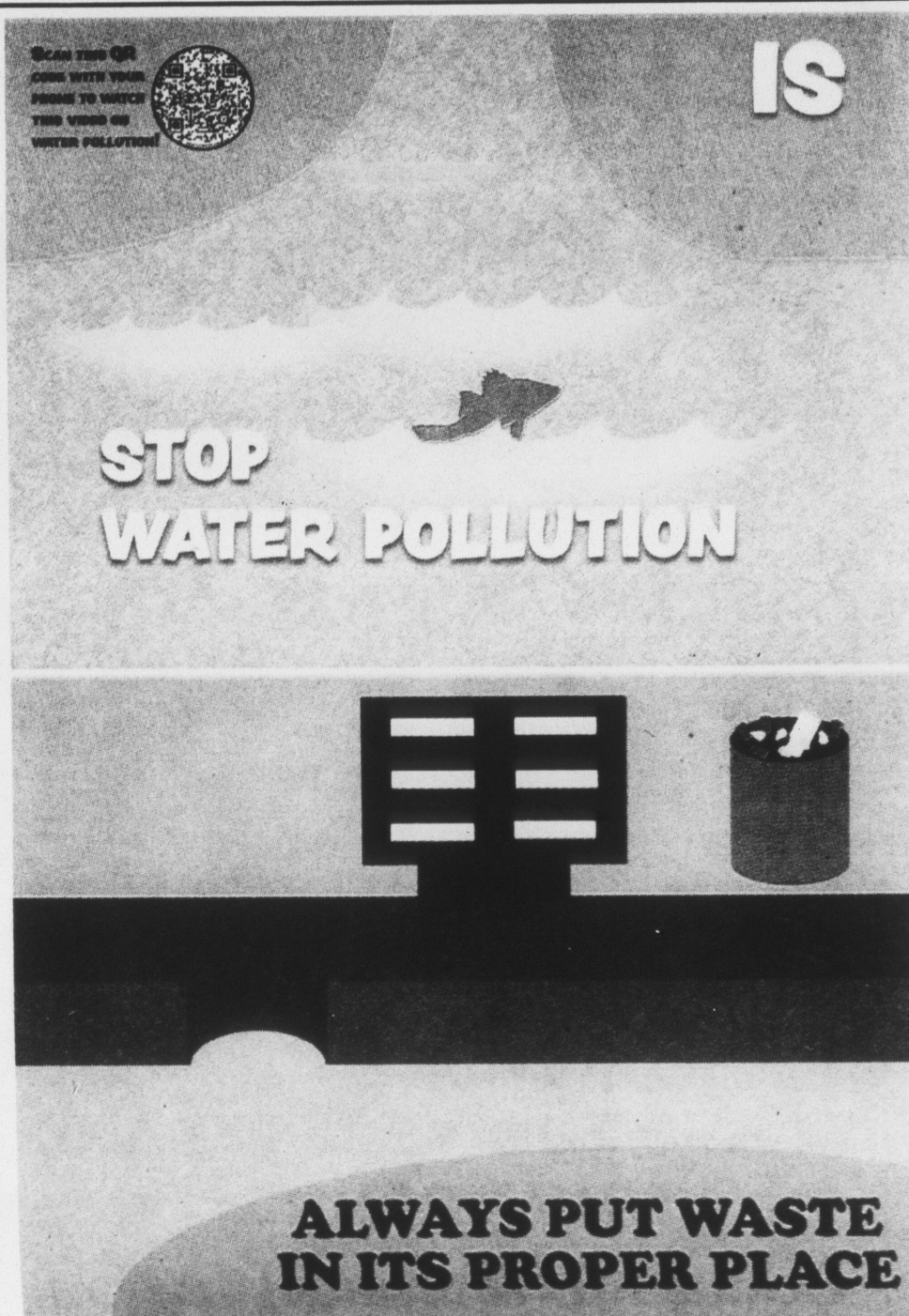
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NORTH QUINCY High School art students recently created posters to address pollution and stormwater runoff. Here are some of the individual student posters that were combined to make a tiled piece. Each individual poster is 11"x17."

Images courtesy Neponset River Watershed Association



NQ High School Art Students Address Pollution With Posters

Art students at North Quincy High School recently learned about polluted stormwater runoff and how it affects the waterways in their community.

Polluted stormwater runoff occurs when rain or snowmelt washes oil, gaso-

line, fertilizer, ice melt, dog waste—and other bacteria, chemicals, and trash—off streets, parking lots, and impervious surfaces and into storm drains. Storm drains connect to our local streams and ponds and deliver the polluted stormwater directly

into our waterways.

To help address polluted stormwater runoff, the City of Quincy is working with the Neponset Stormwater Partnership (NSP), a group of cities and towns in the Neponset Watershed

Cont'd On Page 32

SAVE the DATE

FREE EVENT

THE VETERAN'S VOICE NETWORK
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FOR VETERANS, FIRST RESPONDERS & THEIR FAMILIES

Join us for a fun-filled day with Live Music, Free Food, Games for the Kids, Sport Competitions, Guest Speakers and Veteran Support Professionals

Saturday, July 24, 2021

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OR EMAIL: gregbrasso@aol.com

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Fireworks Spectacular Light Up Quincy Bay In Celebration Of Flag Day



THESE BEAUTIFUL and colorful fireworks photos were taken by Amy Kelly (left photos) and Kim Trillcott (right photos) at the city's Flag Day Celebration June 12. The dazzling fireworks lit up Quincy Bay and provided an opportunity for many photographers to capture the display. The Sun thanks Amy and Kim for sharing some of their photos with Sun readers. Other photos appear on Page 31.



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CUSTOMERS CHECK OUT plants at the Quincy Farmers Market in Kilroy Square.

Quincy Sun photos/Tom Gorman



CHANTELLE CARDONA of Boston, owner of Moss by Cee offers organic fruit infused sea-moss juices and gels.



GOLDEN RULE HONEY owner Laurie Herboldsheimer of Leominster offers various types of honey from her beehives. The Quincy Farmers Market is now at its new location in Kilroy Square on Cottage Avenue.



THE COTE FAMILY of Quincy, from left, Beverley, Esme, 7, Olivia, 11, and Adam, pose at their Cote DeFleur florist table.

Quincy Farmers Market Returns To Downtown Location

Cont'd From Page 1

Last summer, the COVID-19 pandemic forced the market to offer a drive-through pickup. Preorders were placed through each vendor's link or by phone and text.

It's back to business this summer. There are 11 ven-

dors so far and more coming during the season.

"After Covid, we are in a rebuilding year," said Little. "After last year, the vendors went down next to nothing. We have most of the vendors back and new vendors."

She noted one vendor, Andy Dellea of Charles

River Farm, first joined the market last year. His produce business initially catered to restaurants.

"The restaurants went kaput last year (due to the pandemic), and he didn't know what to do with his produce," Little said. "So, he came last year to the Covid market and joined us again this year."

Years ago, Dellea's fa-

ther bought land along the Charles River in Franklin and built greenhouses where "microgreens" and flowers are grown. Andy and his wife, Trish, now run the farm.

One of the original vendors, Stillman's Farm of New Braintree, is once again back in Quincy this year.

"They've been with us

since the market's inception," said Little.

Among the newcomers is Barbosa Family Farm of North Dartmouth. Paulo, Teresa, and Gabriella work the farm and bring the freshly picked strawberries and vegetables to the Quincy market. As the season goes along, they will be offering the latest seasonal harvests.

"We will have blueber-

ries in a couple weeks," said Teresa Barbosa. "We will soon have corn."

The farm also features 40 chickens that provide fresh eggs.

Cote DeFleur is another new vendor with cut flower arrangements. Beverly and Adam Cote transformed their Quincy yard into a flower garden.

Cont'd On Page 19



JEFF KASICA of Braintree holds a bag of produce at his table. The Quincy Farmers Market is now at its new location in Kilroy Square on Cottage Avenue.



CHARLES RIVER FARM owner Andy Dellea and his daughter, Sara, 11, sort plants at the Quincy Farmers Market.



THE QUINCY FARMERS Market is now at its new location in Kilroy Square on Cottage Avenue.

Quincy Sun photo/Tom Gorman



PAULO BARBOSA of Barbosa Farm in New Bedford places boxes of fresh strawberries for sale at the Quincy Farmers Market.

Quincy Farmers Market Returns To Downtown Location

Cont'd From Page 18

"The flowers are grown right here in Quincy," said Beverly. "I start the flowers from seed in the winter under grow lights and transfer the seedlings to the yard in the spring. They're organic and pesticide free."

She noted that her front and side lawns now have flourishing flowers.

Adam chimed in, saying that "Mowing the lawn went from one hour to 10 minutes."

Moss by Cee is another new addition this year. Chantelle Cardona of Boston explained that she uses seamoss that comes directly

from the crystal-clear ocean of St. Lucia. The seamoss is infused with herbs or real fruit juice and made into all-natural gummies and gels.

"Seamoss contains 92 of the 102 vitamins and minerals your body requires," she said. "It's anti-microbial and supports immunity. It's like a super food."

BFF Kitchen is also a first-year vendor at the market. Childhood friends Katie Buehlmann and Linda Lowe teamed up to start their own business a few years ago creating homemade spices, seasonings, and rubs.

"We've been best friends since the ninth grade,"

Buehlmann said of Lowe.

Buehlmann explained that Lowe's family owned a spice company, and she used her expertise to create her own seasonings. Initially Buehlmann and Lowe made BBQ seasonings and then morphed into developing rubs and spices.

"We use all-natural ingredients," said Buehlmann. "We use real spices but little salt, so, you get the real flavor of the seasonings."

She added that in the near future, they hope to "get big enough to hire people" and expand the business.

Stony Creek Farm of Swansea came to the Quincy Winter Market two years

ago and is now at this summer's market. They feature grass-fed beef from cows raised by Erin Babbitt on her family's farm.

One of the veteran vendors returning this year is Ackerman Farm of Cabot, Vermont offering maple syrup. Ian and Caitlin Ackerman own 148-acres of land with more than 10,000 trees.

The sap is harvested from the trees and then boiled on a wood-fired evaporator that turns it into maple syrup. It is then aged in rum and bourbon barrels to take on a unique flavor.

Little said that this year the Ackermans sent some friends to run their table at

the market.

Another regular, Golden Rule Honey is also back this season.

"I've been coming here since 2008," said owner Laurie Herboldsheimer who started beekeeping seven years earlier in Leominster. Her honey is produced without additives or chemicals. She is also co-author of the book "The Complete Idiots Guide to Beekeeping."

A pop-up vendor this summer is Manet Community Health offering COVID-19 vaccines.

Little said the Quincy Farmers Market welcomes only locally owned businesses, no distributors, or national chains.

"Every vendor in the market is authentically connected to their business," she said. "They are the owners, workers in the field, or are friends with somebody. It has to be someone connected to the product. We want people to engage and interface and get the story behind the vendor."

Little said she is always looking for new vendors including community organizations to participate at the market. She is pleased that the market is back in Quincy Center in the new Kilroy Square.

"It's a beautiful plaza," she said. "At night it's gorgeous with lights. It's a very special place here."



BFF KITCHEN co-owners Katie Buehlmann, left, and Linda Lowe, right, are joined by Katie's daughter, Holly Buehlmann, center, as they explain their homemade spices and rubs.

Andrew Mariano Graduates WNE University

Andrew Charles Mariano of Quincy recently graduated from Western New England University with a BSBA in general business.

Liam Rogers Graduates Hamilton College

Liam Rogers of Quincy recently received a bachelor of arts degree from Hamilton College in Clinton, N.Y. Rogers majored in philosophy.

Two Quincy Students On Bucknell Dean's List

Two students from Quincy are on the Dean's List for the spring semester at Bucknell University in Lewisburg, PA. They are: Yanjing Huang, Class of 2022; and Siobhan O'Sullivan, Class of 2024.



THE BARBOSA FAMILY of Barbosa Farm in new Bedford, from left, Gabriella, Teresa, and Paulo, pose with their fresh vegetables.

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OBITUARIES

James F. Reynolds, Jr., 93

A Mass of Christian Burial for James F. Reynolds Jr., 93 years old, of Milton, formerly of Harwichport, was celebrated Wednesday in St. Agatha Church, Milton.

Mr. Reynolds died peacefully June 28.

He was born to the late Judge James F. Reynolds and Gertrude (Mahan) Reynolds. Predeceased by his siblings Mary, Jack and Paul and infant daughter Nancy. Survived by his "Bride" of 68 years, Maureen T. (Reardon) Reynolds, son Peter, favorite daughter Kathleen and four grandchildren Lindsay, Colin, Jacquelynne and Peter Jr., many nieces, nephews and great friends.

Mr. Reynolds grew up in Quincy, graduated from B.C. High School, Merrimack College as a member of the first graduating class and Northeastern School of Law. He was a practicing attorney in Quincy for over 50 years before retiring.

Mr. Reynolds started the hockey program at Merrimack College and was later



JAMES F. REYNOLDS, JR.

inducted into the Athletic Hall of Fame at both Merrimack College and B.C. High. He met his "Bride" at Merrimack College, they married in 1952, moved to Quincy and started a family. They relocated to Milton and spent summers in Harwichport where they met many great lifelong friends.

Interment at Mount Wollaston Cemetery.

Memorial donations may be made to Father Bills & Mainspring House, 430 Belmont St., Brockton, MA 02301.

Funeral arrangements were made by Dolan Funeral Home, Milton.

Peter C. Lind, 74

A funeral Mass for Peter Carl Lind, age 74, a lifelong Quincy resident, was celebrated July 2 in St. Agatha Church, Milton.

Mr. Lind died June 22 after a stroke caused by cerebral amyloid angiopathy (CAA).

He had a lifelong passion for boating and was a member of the Town River Yacht Club and Quincy Yacht Club.

Mr. Lind was a retired teacher from the Quincy Public Schools system where he taught woodworking for decades. After retiring from teaching, he did home inspections for Tiger Home Inspection for several years until his first stroke 7 years ago.

Mr. Lind was a member of St. Agatha Parish for several decades and served as a greeter in the Welcoming Ministry when he was able.

He is survived by his wife of nearly 50 years, Kathy, and his children Maureen and Jon Miranda of Quincy, Joseph and Candice Lind of Illinois, and son Michael of Massachusetts. He loved

spending time with family and friends and particularly cherished his time with his 8 grandchildren, Matthew, Michael, Shelby, Charley, Henry, Christopher, Maris, and Grant. Mr. Lind was preceded in death by his parents, Joseph and Josephine Lind of Quincy and is survived by his brother James and Eleanor Lind of Florida. He will also be deeply missed by his extended McLaughlin family.

Private interment.

Mr. Lind had been involved in many research studies for CAA so, in lieu of flowers, the family asks for donations to ongoing research. Donations in his memory may be made to: Mass General Hospital Development Office c/o Elizabeth Barberio, indicating memo #1200-028184 in order to direct the donations specifically to CAA research (125 Nashua St., Suite 540, Boston, MA 02114) or to St. Agatha Church.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Robert D. Meenan, 83

A funeral Mass for Robert D. Meenan, age 83, of Carver, formerly of Quincy, was celebrated Wednesday at Divine Mercy Parish in Saint Mary's Church, Quincy.

Mr. Meenan died peacefully June 28 at Beth Israel Deaconess Medical Center in Boston, surrounded by his loving family.

He was born in Medford, to the late Joseph M. and Elizabeth (Proctor Kinch) Meenan. Raised and educated in Dorchester, Mr. Meenan was a graduate of Dorchester High School, Class of 1956. He had lived in Carver for twenty-five years, previously in Quincy for many years.

Mr. Meenan was proud to have served in the United States Navy during the late 1950s.

He was employed as a salesman in the automobile industry for many years. Mr. Meenan worked for Merchants Auto of Hooksett, N.H. for thirty years and had been retired for many years.

Mr. Meenan was a longtime parishioner of Our Lady of Lourdes Parish in Carver where he served as an extraordinary minister of Holy Communion. He was also active at the Brockton VA. As a young parent, Mr. Meenan was a parishioner of Saint Mary's Church in West Quincy and served as a leader for Boy Scout Troop 32. He was also active in the Quincy Football Parents Club from 1984-1994 and helped lead fundraising efforts for the installation of stadium lights at Veterans Stadium. Mr. Meenan served as president of St. Moritz hockey for many years and was a former president of the Weymouth Jaycees.

He enjoyed spending time with his neighbors on Cluster 59. Most of all, Mr. Meenan was devoted to his family, especially his grandchildren, actively supporting their many activities and accomplishments.

Beloved husband for forty-five years of the late Mary G. (Ward) Meenan. Devoted father of David M. Meenan, D.O. and his wife Carol of Canton, Kathleen M. Spencer and her husband John of Weymouth, and Deborah A. Picarski and her husband John "Jay" of Raynham.



ROBERT D. MEENAN

Loving grandfather of Sean P. Meenan of Canton, Timothy E. Kennedy, Technical Sergeant, USAF and his fiancée Jessica of Alaska, Casey L. Eastman and her husband Craig of Attleboro, Jillian D. Piccui to and her husband Kurt of Pembroke, Julia F. Picarski, Kristina M. Picarski, and Nicole M. Picarski, all of Raynham. Cherished great grandfather of McKenna, Bradaigh, and Lydia.

He is also survived by his nephew, Robert W. Meenan and his wife Anne of Carver, as well as many nieces and nephews.

The last of five siblings, he was predeceased by Elizabeth Slack, Elaine Dion, Merlyn Meenan, and Joseph Meenan.

Interment, with military honors, at the Massachusetts National Cemetery in Bourne will take place privately at a later date.

Memorial donations may be made to the VA Boston Healthcare System, Attn: Voluntary Service (135), 940 Belmont Street, Brockton, MA 02301 or by visiting boston.va.gov/giving/index.asp.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Ruth M. Moberg, 91

Ruth M. (Riihimaki) Moberg, 91, of Attleboro, formerly of Quincy, died June 21.

She was born in Quincy, the daughter of the late Toivo and Hilja Riihimaki and was the beloved wife of the late Rev. Richard Moberg. She had one brother, the late William M. Riihimaki.

She was raised in Quincy and attended the Woodward School for Girls in 1947. She had fond childhood memories of Camp Clear, a Finnish camp in Carver, MA



RUTH M. MOBERG

and the summers that they all spent there.

Cont'd On Page 21

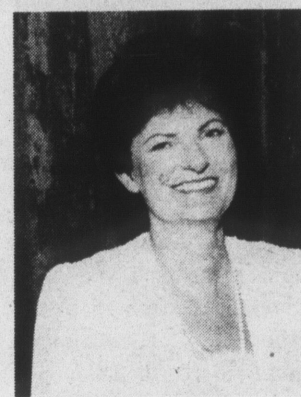
Marie Phelan, 89

A funeral Mass for Marie (Qualey) Phelan, 89, of Quincy, was celebrated Tuesday in St. Ann's Church, Quincy.

Mrs. Phelan died peacefully surrounded by her family June 29 at BID Milton Hospital.

Loving wife of 60 years to the late Charles J. Phelan Sr. Daughter of the late Patrick Qualey and Nora Langan. Devoted mother of Annmarie Phelan and her partner John Smith, Ward 5 City Councillor Charles Phelan Jr. and his wife Michelle Lydon, and Noreen McEachern and her husband Paul; all of Quincy. Beloved Grandmother of Nicole McEachern of Stoughton, Jena Griffith and her husband Jonathan, Roberta Phelan, Charles Phelan III and Jaclyn McEachern; all of Quincy. Great-grandmother to the one and only, Nora Cameron. Sister of the late Joseph Qualey retired QPD of Quincy. Sister-in-law of Ann McAuley of Hingham and her late husband Thomas McCauley, and Edward Phelan and his wife Joan of Canton. Marie also leaves behind many other nieces, nephews and close friends.

Mrs. Phelan was a lifelong resident of Quincy and a graduate of Quincy High School, class of 1949 where she loved being a drum majorette. She worked for



MARIE PHELAN

many years at the St. Ann's Rectory in Quincy.

She loved to travel with her husband Charlie, frequently visiting their Cape Cod vacation home in Yarmouth with their family and friends. One of Mrs. Phelan's favorite things was getting her hair done, especially by Rose Pope.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN, 38105.

The Phelan Family would also like to extend a special thank you to all the healthcare workers that cared for her over the years, including Jackie Lydon, the staff at Standish Village, and the doctors and nurses at BID Milton Hospital.

Randall H. Hard

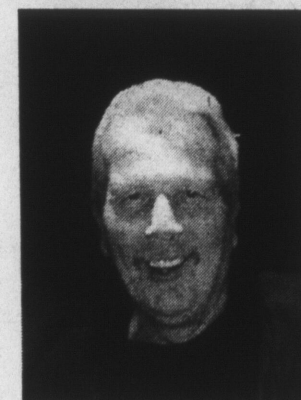
A prayer service for Randall H. "Randy" Hard of Weymouth, formerly of Braintree, was held Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Hard died June 29.

Mr. Hard's life revolved around his family but his other passion was his work. He took over the family business, Modern Art Sign Company, from his Dad in 1985. The business was founded in 1948 and has served thousands of customers on the South Shore.

Mr. Hard attended the Butera School of Art after high school and put his skills to work in the sign company.

He enjoyed attending car racing events with his brother and was the master tailgater, providing food and beverages in an elaborate display. He was also a serious movie buff with thousands of movies in his library. His pride of family, work ethic and business reputation were the hallmarks of his life. Mr. Hard will be remembered for his positive attitude, sense of



RANDALL H. HARD

humor, passion for work, and the quiet way he cared for others.

Beloved father of Brian and Jessica Hard of Weymouth. Loving brother of Dana Hard of Weymouth. Cherished son of the late Edwin Hard and Lorraine (Ingalls). Also survived by many nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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2021

Ruth M. Moberg, 91

Cont'd From Page 20

Ruth obtained a music degree at Barrington College in 1951 with a post graduate study in organ at the New England Conservatory of Music. When she moved to Attleboro with her children in 1970 she became a teacher and remained in the Attleboro school system for 30 years. She also taught piano and was the organist and choir director at the First Congregational Church in North Attleboro before retiring in 2012. She attended many of the church suppers and always looked forward to seeing her church family. Often reminiscing about when she lived in NY with 5 girlfriends, she fondly remembered how much fun they had going to many of the Broadway shows.

Ruth was an avid reader, artist and music lover – one of her cherished possessions was a signed playbill from Dave Brubeck. She also adored animals, especially her beloved dog “Sparky”. She had many close friends

and took great joy in getting together for lunch at Morin's Diner, Gregg's or visiting on the Cape.

Despite numerous hardships, Ruth was always smiling and put others before herself. “Sisu” is a Finnish term signifying strength and perseverance and that exemplified Ruth. A quote from Clint Eastwood that she had written and kept sums up how she viewed life – “The main thing is not how long you're on the planet, but the quality you have while you're here.” She certainly lived her life to the fullest and was an inspiration to many. Ruth was an extraordinary woman, loved by all and will be dearly missed.

Ruth is survived by her children, Lynne Rosario and Jon Moberg and two grandchildren, Klaara and Richard Moberg.

Her funeral and burial at Blue Hill Cemetery are private.

A celebration of life ceremony will be announced at a later date.

JQA Birthday Anniversary Wreath-Laying Friday

On Friday, July 9th at noon the annual Presidential Wreath Laying Ceremony in honor of the 254th birthday of President John Quincy Adams will be held at United First Parish Church, Unitarian Universalist, the “Church of the Presidents,” in Quincy.

On the birthday of every deceased President there is a wreath presented in the name of the current president. This tradition was initiated by President Lyndon Johnson 54 years ago. John Quincy Adams was a member of United First Parish Church and is entombed in the Presidential Crypt in the church building, alongside First Lady, Louisa Catherine Adams and his parents, President John Adams and First Lady Abigail Adams.

The theme of this year's John Quincy Adams Wreath Laying Ceremony is political courage. Speakers include Mayor Tom Koch, Ed Fitzgerald from the Quincy Historical Society, and Kelly Cobble from the Adams National Historic Park, as well as Rev. Rebecca Froom, Jim Petosa, and Bill

Westland from United First Parish Church.

The wreath will be presented by Lt. Cmdr. Monica Johnson from the U.S. Navy on behalf of President Joe Biden. Music will be provided by Norman Corey.

The July 9th wreath lay-

ing ceremony is open to the public at United First Parish Church, 1306 Hancock St., Quincy. Masks will be required for onsite attendance. The ceremony can also be viewed online at <https://www.facebook.com/UFPC>. UU

United First Parish Church operates tours of the Presidential Crypt and historic Sanctuary on Thursdays to Tuesdays from 11 a.m. (noon on Sundays) to 4 p.m. More information can be found at www.ufpc.org.

2021 Hamel-Lydon Compassionate Service Awards

In the spirit of compassionate service, Hamel-Lydon Chapel is proud to honor individuals by granting ten \$500 Compassionate Service Awards to healthcare providers. Visit HamelLydon.com for more information.



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More Obituaries On Page 22

Quincy Real Estate Transactions June 28 - July 2

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
George N. Lang	Ivan K. H. Zeng	\$588,000.00	84 Bartlet Street, Unit A
Christopher M. & Melissa M. Dye	Vincent H. Su & Kimberly C. Dela Cruz	\$590,000.00	296 Billings Road
Junior & Sheryl R. Laurent	James P. Gaudet	\$490,000.00	102 Cross Street
Daniel R. Rice & Katlin R. Fox	Michael J. Cappellano	\$405,000.00	10 Seaport Drive, Unit 2112
Tran Family Trust & Realty Dream LLC	Michael J. Kelly	\$1,200,000.00	53 Silver Street
Yang Chen, Hao Chen, Xiue Feng & Min Zhang	Li Z. Zheng & Qiang Jiang	\$830,000.00	112-114 Everett Street
Pan Du & Yufen Wang	Ting Liu	\$355,000.00	500 Washington Street, Unit 303
133-135 Hancock Street LLC	Tina Shah & Shubham Sakhuja	\$660,000.00	133-135 Hancock Street, Unit 10
Jillian F. & William C. O'Brien	Jessica Litza	\$900,000.00	93 Post Island Road
Lorelei J. & Terrence Driscoll	Christopher M. & Melissa M. Dye	\$915,000.00	124 Elm Avenue
Carnali Realty Trust	Kehan Chen	\$450,000.00	52 Centre Street
Dermot F. & Annmarie Walsh	Tiffany Chan	\$551,000.00	1022 Hancock Street, Unit G01
Mary J. Nelson, Martin X. Ford, Jr., Anne Brait & John E. Nelson, Jr., Marylou Ford & Joseph Brait, Jr.	Miao Lin & Caibin Li, Jr.	\$675,000.00	2 Cushing Street
Baker Family Living Trust	Carlos Alberto Velasquez & Lilian Martel	\$540,000.00	48 Brook Road
Stephen J. Hughes, William J. Hughes, Michelle Hughes & Renee L. Hughes	Jonathan W. Goodwin & Teresa K. Krause	\$1,440,000.00	35 Crabtree Road
Adam C. & Jessica L. Thomas	Michael R. & Danielle M. Fiore	\$738,000.00	6 Reardon Street
Miroslav & Divna Shipovikj	Steve Chan	\$340,000.00	165 Quincy Shore Drive, Unit C-75
Yok Yen Lee Revocable Trust	Sharifa S. Simon-Roberts & Patricia Simon	\$383,000.00	500 Washington Street, Unit 607
Bao X. Chen	Suli Liang & Zihua Mei	\$380,000.00	26 Baxter Avenue
Ann M. Li & Su J. Li	Hong L. Lin & Fengduan Lian	\$730,000.00	90-92 Quincy Street
Joshua & Hilary C. Anderson	Zixun Wu	\$900,000.00	44 South Central Avenue
Scott J. Smith	Min Weng & Mengsheng Chen	\$450,000.00	17 Arthur Street
Gerard C. & Marianne E. Apuzzi	Dunwen Xiang, Mantang Xiang & Hongying Liu	\$710,000.00	138 East Elm Avenue
Kearney Family Realty Trust	Christina Knight	\$650,000.00	575 Quincy Shore Drive
J B Long Properties LLC	30 Williams Street Holdings LLC	\$1,200,000.00	30 Williams Street
John McPhee	Yunlong Xue & Yong Xue	\$512,000.00	164 Quincy Shore Drive, Unit 83
Estate of Edward A. Culkin & Estate of Linda L. Culkin	Audrey Fitz LLC	\$220,000.00	215 Thomas Burgin Parkway, Unit A-1
Joseph P. & Donna M. McGonagle	Laura Cicchelli	\$770,000.00	32 Tilden Commons Drive, Unit 5-16
Steven J. Ray, Jr.	Marc A. Polito & Leonie M. Hoyo	\$680,000.00	43 Argonne Street
Roessel Marina Bay Realty Trust	Kevin Luu & Yulan Shen	\$800,000.00	1001 Marina Drive, Unit 805E
EJS Investments Inc.	Anup Adhikari	\$599,000.00	50 Desmoines Street, Unit G3
Jennifer C. dos Santos	Kang Z. Chen & Xu F. Huang	\$788,888.00	129 Hamden Circle
Yu H. Xie	Rui Hou & Guiyu J. Xu	\$336,000.00	100 Grand View Avenue, Unit 11A
Rongxiao Zhang	Stephen Wallace	\$365,000.00	200 Falls Boulevard, Unit H-102A
WAK LLC & Evange A. Kesaris \ Trust Agreement of 2017	Twenty-Four Holdings LLC	\$1,066,000.00	789 Quincy Shore Drive
John Buccelli, Jr. & Kelsey Buccelli	Coleman K. & Brona C. Coyne	\$715,500.00	138 Belmont Street
Estate of Marie H. Gardner	98 Edwin Street LLC	\$250,000.00	98 Edwin Street
EJS Investments Inc.	Kevin & Susan Mellor	\$579,990.00	50 Desmoines Street, Unit F2
John P. Friel	Spondon K. Hazarika & Debi Sarma	\$900,000.00	135 Plymouth Avenue
Sandra Driggin	Marco Sandomato	\$204,500.00	21 McGrath Highway, Unit 405
One Newport Avenue LLC	MCG Newport LLC	\$31,550,000.00	1 Newport Avenue
Centre Street Garage Realty Trust	Heroes Garage LLC	\$1,200,000.00	257 Centre Street
Christine A. DeSaulniers	Zhimin Huang	\$450,000.00	24 Winthrop Street, Unit 1
Brendan J. Gaughan	Trevor & Natasha Allen	\$684,900.00	58-60 Lawn Avenue

Clarence S. Livingstone, 76

Clarence S. Livingstone, age 76, of Quincy, died peacefully, Monday, June 28, 2021 at South Shore Hospital in Weymouth, surrounded by his loving family.

Mr. Livingstone was born, raised, and educated in Little Sands, Murray River, Prince Edward Island, Canada. He had lived in Quincy for over fifty years, but enjoyed spending time with relatives and friends in Canada.

He was employed as an electrician. Mr. Livingstone worked with The Chappy Corporation in Chelsea for twenty years and with Brite-Lite Electrical Company in Weymouth for twenty years. He also proudly served in the Massachusetts National Guard.

Mr. Livingstone was a hot rod enthusiast and

owned many throughout his life. He enjoyed riding and working on them.

Beloved husband of the late Judith A. (Carlson) Livingstone. Devoted father of Todd E. Livingstone of Quincy and Adam M. Livingstone of Berwick, Maine. Loving son of the late Elmer and Lorraine (MacDonald) Livingstone. Dear brother of John Livingstone of Canada and the late Sadie Walker. Clarence is also survived by many nieces and nephews.

At the request of the family, services were private. Clarence and his wife, Judith, will be interred together in Little Sands, Canada at a later date.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Angelina's Pizza for a wines and malt beverages restaurant license for the premises located at 1437 Hancock Street. Proposed manager Annie Berkachi. The premises is one story and comprised of approximately 7,500 sq. ft. A hearing will be conducted at 4 p.m. on Tuesday, July 20, 2021 using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: July 20, 2021 License Board Hearing

Time: July 20, 2021 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://quincycollege.zoom.us/j/2309068852>

Meeting ID: 230 906 8852

One tap mobile

+19292056099,,2309068852# US (New York)

+13017158592,,2309068852# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 230 906 8852

Find your local number: <https://quincycollege.zoom.us/j/kDpyqzFG>

Nicole L. Crispo
Chair

7/8/21

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given that an application has been received from Arthur's Auto Repair for a garage/repair license for the premises located at 42-48 Federal Avenue (aka 17 Goddard Street). Proposed manager Nicholas James Straggas; proposed hours of operation Monday-Saturday 8am-5pm. A hearing will be conducted at 4pm on Tuesday, July 20, 2021 using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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+19292056099,,2309068852# US (New York)

+13017158592,,2309068852# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 230 906 8852

Find your local number: <https://quincycollege.zoom.us/j/kDpyqzFG>

Nicole L. Crispo
Chair

7/8/21

OBITUARIES

Margaret M. Dixon



MARGARET M. DIXON

A funeral Mass for Margaret M. (L'Hote) Dixon of Hanover was celebrated Wednesday at St. Mary of the Sacred Heart Church, Hanover.

Mrs. Dixon died peacefully June 28.

She was the loving wife of Walter Dixon.

Born in Pittsfield, she moved to Quincy at an early age and was a graduate of Quincy High School. Mrs. Dixon worked at the Unemployment Office for 42 years.

Upon her retirement in 2012, she pursued her interest as a watercolor artist. As a member of Charles River Yacht club, she offered her services to assist with Senior Day at the club and enjoyed the Fourth of July activities at the yacht club. She was an

avid reader and also assisted in church activities.

Mrs. Dixon is survived by a brother Edward L'Hote, two nieces Alice Morgenweck and Amy Fults, and three nephews Tony L'Hote, Edward L'Hote, Jr., and Michael L'Hote.

Interment will be with immediate family at Mount Auburn Cemetery in Cam-

bridge.

Funeral arrangements

were made by Sullivan Funeral Home, Hanover.

Ronald P. Galvin, 52

Visiting hours for Ronald P. Galvin, 52, of Quincy, formerly of Dorchester, were held Wednesday from 4 to 8 p.m. at Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Mr. Galvin died July 4.

Beloved son of Joseph "Teddy" and Bernice (Betts) Galvin of Dorchester. Loving father of Kelsey Y. Almond and Erika E. Galvin,

both of Bourne, and Ryan P. Galvin of Dorchester. Cherished brother of Susan B. Galvin of Dorchester, Robert J. and his wife Jeanne Galvin of Plymouth, Daniel M and his wife Susan Galvin of Holbrook and the late Christopher "Scott" Galvin. Also survived by many loving nieces and nephews.

Interment at Cedar Grove Cemetery will be private.

Five Residents On Holy Cross Dean's List

Five students from Quincy have been named to the

Dean's List for the spring semester at the College of the Holy Cross in Worcester.

They are:

Aidan Largey, majoring in classics; Anthony Gonzales, majoring in psychology; Andy Trebicka, majoring in computer science and mathematics; Meghan Stravin, majoring in economics; and Grant Ward, majoring in English.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO21P1060EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Kathleen M. Leahy

Date of Death:

October 10, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Denise Bagley of Whitman, MA.

a Will has been admitted to informal probate.

Denise Bagley of Whitman, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

7/8/21

PUBLIC NOTICE

TREE HEARING

Tuesday July 13, 2021 at 12:00p.m.

Quincy Parks and Recreation Meeting Room, One Merrymount Parkway

Location of tree	DBH	Type of Tree
48 Miles Dr	22"	Red oak

Please note that you do not need to attend the Tree Hearing to be heard. If you cannot attend but are for or object to the removal of any of the trees listed and want your thoughts to become public record, please email the Tree Warden at chayward@quincyma.gov. Your concerns will be read into the public record at the hearing. Your email must be received by 11:00am on July 13, 2021. If you have any questions, feel free to contact Christopher Hayward at the email listed above or at 617-376-1289. Information regarding the removal request for each tree can be found on the City of Quincy's Natural Resources web page, Forestry section.

7/1/21, 7/8/21

PUBLIC NOTICE

TREE HEARING

Tuesday July 13, 2021 at 12:00p.m.

Quincy Parks and Recreation Meeting Room, One Merrymount Parkway

Location of tree	DBH	Type of Tree
79 Ames St	16"	Norway maple
75 Ames St	13"	Norway maple
93 Ames St	14"	Ash

Please note that you do not need to attend the Tree Hearing to be heard. If you cannot attend but are for or object to the removal of any of the trees listed and want your thoughts to become public record, please email the Tree Warden at chayward@quincyma.gov. Your concerns will be read into the public record at the hearing. Your email must be received by 11:00am on July 13, 2021. If you have any questions, feel free to contact Christopher Hayward at the email listed above or at 617-376-1289. Information regarding the removal request for each tree can be found on the City of Quincy's Natural Resources web page, Forestry section.

7/1/21, 7/8/21

PUBLIC NOTICE

TREE HEARING

Tuesday July 13, 2021 at 12:00p.m.

Quincy Parks and Recreation Meeting Room, One Merrymount Parkway

Location of tree	DBH	Type of Tree
97 E. Howard St	12"	Pear
97 E. Howard St	10"	Pear
97 E. Howard St	13"	Pear
97 E. Howard St	3"	Pear
97 E. Howard St	12"	Pear
97 E. Howard St	8"	Pear
97 E. Howard St	8"	Pear

Please note that you do not need to attend the Tree Hearing to be heard. If you cannot attend but are for or object to the removal of any of the trees listed and want your thoughts to become public record, please email the Tree Warden at chayward@quincyma.gov. Your concerns will be read into the public record at the hearing. Your email must be received by 11:00am on July 13, 2021. If you have any questions, feel free to contact Christopher Hayward at the email listed above or at 617-376-1289. Information regarding the removal request for each tree can be found on the City of Quincy's Natural Resources web page, Forestry section.

7/1/21, 7/8/21

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Firefighters Revive Driver At Squantum Parade

By SCOTT JACKSON

Firefighters sprang into action on Sunday, reviving a man who suffered cardiac arrest while driving a float in the annual Squantum Fourth of July Parade.

The Greater Boston Firefighters Pipes and Drums band, whose members are firefighters from area communities, including Quincy, was among the units participating in this year's parade. Members of the band were behind the Squantum School as the parade was

beginning to wind down when they overheard a commotion.

Band members looked and saw the driver of a flat-bed truck who was transporting one of the parade floats slumped over the wheel in cardiac arrest while the truck was still moving, according to the Quincy firefighters' union, IAFF Local 792. The band members sprang into action to stop the truck.

"They jumped into the moving truck and were able

to secure the brake and the engine, most likely averting a disaster with the big crowd that was present behind Squantum School at the time," the firefighters' union said.

The firefighters then removed the man from the truck and began to administer CPR. While that was happening, an off-duty Quincy firefighter commandeered a golf cart and retrieved a defibrillator from Quincy's Engine 7, which was stuck in traffic along the

parade route.

Firefighters were able to revive the man after shocking him twice with the defibrillator. The victim was

LEGAL NOTICE

CITATION ON PETITION FOR SALE OF REAL ESTATE BY A PERSONAL REPRESENTATIVE
Docket No. NO20P2196EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Mary Lou Burlingame
Date of Death:
06/16/2020

To all interested persons:
A Petition for Sale of Real Estate has been filed by:
Steven K. Hemingway of Westwood, MA,
requesting that the court authorize the Personal Representative to sell the decedent's real estate at private sale.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: 10:00 a.m. on the return day of 07/20/2021.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.
Date: June 29, 2021
COLLEEN M. BRIERLEY
Register of Probate
7/8/21

able to start talking, the firefighters' union said, and was taken by ambulance to an area hospital.

"Our thoughts and prayers are with the victim, who we all pray has a good outcome," the union said.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO13P2730EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Paul J. Bushman
Date of Death:
09/14/2013

To all interested persons:
A Petition for S/A - Formal Probate of Will with Appointment of Personal Representative has been filed by Deirdre A. Bushman of Hanover, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Deirdre A. Bushman of Hanover, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 08/04/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.
Date: June 29, 2021
COLLEEN M. BRIERLEY
Register of Probate
7/8/21

"Awesome job by everyone involved this morning. Just another example of how we are always 'on duty' in the fire service."

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P1426EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Richard Willard
Date of Death:
04/10/2021

To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Margaret Willard of South Amboy, NJ requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

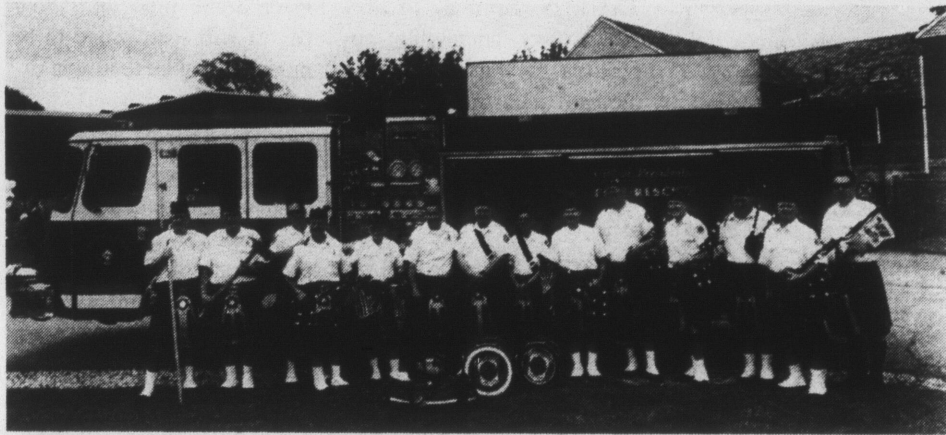
The Petitioner requests that: Margaret Willard of South Amboy, NJ be appointed as Personal Representative(s) of said estate to serve With Corporate Surety on the bond in unsupervised administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 08/04/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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WITNESS, Hon. Patricia Gorman, First Justice of this Court.
Date: June 29, 2021
COLLEEN M. BRIERLEY
Register of Probate
Casey And Lundregan PC
71 Washington St 2nd Floor
Salem, MA 01970
978-741-3888
7/8/21



MEMBERS OF Greater Boston Firefighters Pipes and Drums band, who revived a man Sunday during the annual Squantum Fourth of July Parade. Photo Courtesy IAFF Local 792

Stencil Fundraiser Supports NQHS

Do you want to show your support for North Quincy High school?

This year the North Quincy High School soccer program is offering a fun way to show support for your school while contributing a small donation. When you sign up and the process is complete you will receive a stencil of the North Quincy "NQ" in your driveway, front yard, or walkway. By following the provided google form link: <https://forms.gle/mhGBG-GwdxRvGtqZf6> you can then fill out your information in the form.

Once you give your name, email, phone and fill out the rest of the information regarding placement of



the stencil, members of the soccer team will arrive at your house and spray paint a stencil of the NQ logo in the

location of your choice. See picture above.

Note: the logo is painted in red.

REQUEST FOR QUALIFICATIONS (RFQ)

CITY OF QUINCY, MASSACHUSETTS
Public Buildings Department

Thomas P. Koch, Mayor
Paul J. Hines, Public Buildings Commissioner

REQUEST FOR QUALIFICATIONS (RFQ)

In accordance with M.G.L. Chapter 149, The City of Quincy, Massachusetts requests Qualification Statements from firms interested in being Pre-Qualified as General Contractors on the new **Quincy Animal Shelter, Quincy, MA**. Responses from eligible Firms will be used to prequalify the firms to participate in a Bid Process by the City at a later date. This project incorporates the requirements set forth in M.G.L. Chapter 149.

Statement of Qualifications will be received at the office of the Purchasing Department, City Hall, 1305 Hancock Street, Quincy, MA 02169 until **July 29, 2021 @ 12:00 p.m.**

Copies of the Request for Qualifications will be available in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169 between the hours of 8:30AM and 4:30 PM or on-line at the City of Quincy's Website, www.quincyma.gov

The City shall determine the selected Proposer(s) and reserves the right to withdraw the Request for Qualifications; to reject any and all qualification's packages; and to select any qualifications packages deemed to be in the best interest of the City of Quincy.

The selection and award of potential Contract shall be in full compliance with Massachusetts General Laws, Chapter 149, as last revised, all Federal, State and City of Quincy regulations in relation to Equal Employment Opportunity. The City reserves the right to waive any informality in or to reject any or all qualification packages when such an action is deemed in the best interests of the City. The City of Quincy reserves the sole right to amend this RFQ by formal Addendum.

All questions regarding this Request for Qualifications should be directed to Kathryn R. Logan, Purchasing Agent through email: purchasing@quincyma.gov Questions will be accepted until July 23, 2021 at 12:00 PM.

Non-responsive and/or unbalanced Bids may be rejected.

Thomas P. Koch
Mayor
7/8/21

Paul J. Hines
Commissioner, Public Buildings Dept.

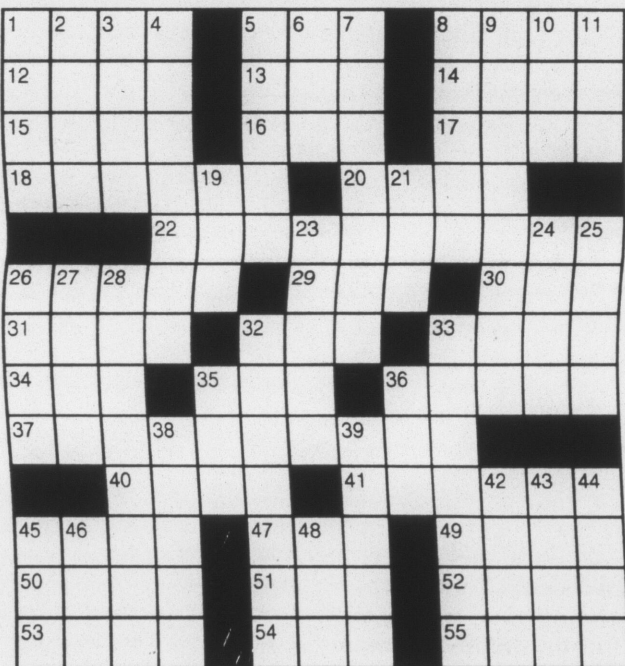
Kathryn R. Logan
Chief Procurement Officer

SUN FUN PAGES

King Crossword

ACROSS

- 1 Pack cargo
5 Billboards
8 On — with
12 Vagrant
13 Old
14 TV's "Warrior Princess"
15 Actress Falco
16 Rep.'s rival
17 Apple product
18 Criminal's "why"
20 Latin love
22 Whiskey variety
26 Dishonor
29 Succor
30 Blue
31 Runner's tempo
32 Greek H
33 "Three Sisters" sister
34 Last (Abbr.)
35 Nay undoer
36 Void
37 Outing for two couples
- 40 Bedouin
41 Boston athlete
45 Wrinkly fruit
47 Dhabl preceded-
49 "— la Douce"
50 Thaw
51 Allow
52 Pants part
53 Adams and Schumer
54 Grant's foe
55 Vegas game
- 11 "Awesome!"
19 Compete
21 Club —
23 Like some
24 Cabin compo-
25 "— the night
26 Tater
27 Head light?
28 In reality
32 Size up
33 Washington
35 Carte lead-in
36 Chowd down
38 Londoners,
39 Keen
42 Nest setting
43 One-named
44 Roman censor
45 Actress
46 Tiara sparkler
48 Spell-off
- DOWN**
1 Son of Noah
2 Commotion
3 Life story
4 "Alas ..."
5 "As You Like
6 Actor Billy —
7 Neighbor of
8 Self-evident
9 Pre-game
10 Year in Spain



MAGIC MAZE • EGYPTIAN CITIES

K Y V S O R I A C Q N K H E B
Y U W T R O L S J G E B Y W U
R P O N K I G W M D B Z X V S
Q O M S K I G A E A D C H M A
Y W A L E X A N D R I A E U U
S Q P N L D S J O U A L Z Y H
F E Z C A Y Y X X O S A I I V
U S Q E P N U M K S T H G A J
H F E C U L T B Z N R N Y F X
V U T R H S I R A A O A N E Q
Q P O M L K I T H M P B G E D

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: CAPITAL CITY

Alexandria Banha Ismailia Gena
Arish Desouk Luxor Suez
Aswan- Faiyum Mansoura Tanta
Asyut Gizeh Port Said

HOCUS-FOCUS

BY HENRY BOLTONOFF



Find at least six differences in details between panels.



Differences: 1. Birds are moved. 2. Cloud is smaller. 3. Umbrella is different. 4. Pier support is removed. 5. Ice cream is missing. 6. Trunks are different.

Trivia test by Fifi Rodriguez

- GEOGRAPHY:** How many states are in Australia?
- LITERATURE:** The character of Miss Havisham appears in which 19th-century novel?
- ASTRONOMY:** What is the name of the boundary between Earth's atmosphere and outer space?
- GENERAL KNOWLEDGE:** What creature was a hood ornament on the 1933 Hudson Essex Terraplane car?
- TELEVISION:** What were the names of the boys on the 1990s sitcom "Home Improvement"?
- MUSIC:** The Jug saloon was the setting in which Lynyrd Skynyrd song?
- MOVIES:** What was Charlie Sheen's nickname in the 1989 movie "Major League"?
- ANIMAL KINGDOM:** What are the offspring of echidnas (Australia) called?
- U.S. STATES:** What is the state flower of West Virginia?
- FOOD & DRINK:** Which country produces Gouda cheese?

- Answers
- Six
 - "Great Expectations," Charles Dickens
 - The Karman line
 - A griffin
 - Brad, Randy and Mark
 - "Gimme Three Steps"
 - Wild Thing
 - Puggles
 - Rhododendron
 - The Netherlands

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Wishing Well®

6 4 7 2 4 7 5 2 8 5 7 8 7
M A H B L A B E F L R O D
4 2 3 2 8 3 7 8 5 6 7 3 8
O L B I R E W G I O O G I
4 7 8 2 8 7 5 7 8 4 6 3 6
V R V E E K S P O E R E A
3 6 2 8 2 4 6 7 6 8 4 7 2
N L V T E D E A I H O Y Y
4 3 8 4 2 5 6 3 4 2 3 7 2
N E E E O S S R C U O S R
8 5 2 6 2 7 2 5 8 2 6 4 6
R F H H E O A U S R I A G
7 4 5 7 4 2 4 5 6 3 5 3 5
F L L F L T S D H U A S Y

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) You dislike waiting for promises to be fulfilled and for commitments to be kept, but resist your headstrong tendency to push things along. Your patience will be rewarded.

TAURUS (April 20 to May 20) Expect continuing opposition to your plans from die-hard detractors. However, your determination to see things through will carry the day. A Pisces has romantic ideas.

GEMINI (May 21 to June 20) You might be too close to a troublesome workplace situation to deal with it successfully. Step away in order to get a better perspective. A solution soon becomes obvious.

CANCER (June 21 to July 22) You might suspect that someone you trust has misled you on an important matter, but a more balanced view of things reveals a misunderstanding to be the culprit.

LEO (July 23 to August 22) The Big Cat's animal magnetism has rarely been stronger. You can either just bask in all that admiration or use it to your advantage, especially in the workplace.

VIRGO (August 23 to September 22) Someone who previously balked at cooperating with you on a project suddenly has a change of heart. Accept both help and advice with grace.

LIBRA (September 23 to October 22) Some hazy issues still need to be cleared

up before you can move on with your new plans. A friend from the past reaches out to re-establish old ties.

SCORPIO (October 23 to November 21) Continued positive fall-out follows that risky workplace decision you made some time ago. Your payoff will soon prove to be more substantial than you expected.

SAGITTARIUS (November 22 to December 21) A personal relationship continues to be affected by a recent unexpected turn of events. Things need to work themselves out without finger-pointing.

CAPRICORN (December 22 to January 19) It's a wonderful week for all you capricious Goats to kick up your heels with friends or family members in some well-earned fun and frivolity.

AQUARIUS (January 20 to February 18) Caution is advised before making a financial commitment to someone you don't really know. There are better ways to build friendships than with risky fiscal dealings.

PISCES (February 19 to March 20) Travel plans continue to be favored. A change of scenery brings new opportunities, both personally and professionally. Be open to the possibilities.

BORN THIS WEEK: You have a strong sense of loyalty that shows itself best in your relationships with family and friends.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

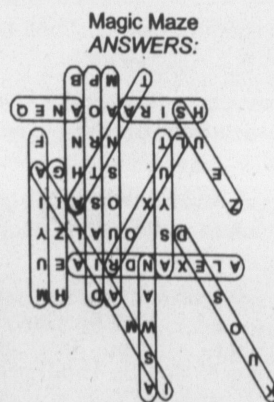
Clue: Y equals N

JVM NPBLZMR CPHZY'L FZL
RZMHZG UZMWPY RPVRPUZ.
FJV XJVEG RPF LCZ NVMRL BR
FZL LJ XJWZ.

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King Crossword — Answers

Solution time: 25 mins.



CryptoQuip answer

yet to come.
You could say the wurst is served German sausage.
Our waiters haven't yet

JUL

8

2021

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Bruce Willis must have hit the pandemic running! While most actors were keeping themselves busy at home, Willis put five films in the can and is currently shooting four movies at one time. The crime/drama, “Midnight in the Switchgrass,” which co-stars Emile Hirsch, Megan Fox, Lukas Haas and Sistine Stallone (daughter of Sylvester), is due July 23. The action/heist film “A Day to Die,” with Frank Grillo and Kevin Dillon, drops into theaters in February. The crime/thriller “Out of Death,” with Jaime King, is awaiting a release date, along with the action/thriller “Apex Action,” with Neal McDonough, and “American Siege.” The former “Die Hard” star is running to four film locations at once: “Reactor”; “The Fortress,” starring Jesse Metcalfe and Chad Michael Murray (both recently in Hallmark films and series); “Paradise City,” with John Travolta; and “Gasoline Alley,” with Devon Sawa and Luke Wilson, in which Willis and Wilson play police detectives trailing Sawa, a suspect in three murders. All that and juggling his marriage to model Emma Heming and their two children, as well as relationships with his three daughters with Demi Moore. And you think you’re busy!

Stephen King’s “Christine” appears to be a car that won’t die. She starred in the 1983 film, helmed by legendary director John Carpenter, with John Stockwell,

Alexander Paul and Harry Dean Stanton (which cost \$10 million and grossed \$21 million). “Christine” was a 1958 Plymouth Fury that was restored by a 19-year-old guy that “she” then possessed as she tortured his friends and his girlfriend when they tried to warn him against her. The cast of the reboot is being kept a deep dark secret.

As we told you in our column back in March, Anthony Ramos is about to become a superstar. The 29-year-old Ramos first won praise as one of the stars of “Hamilton” on Broadway. But actually, he’d been doing Broadway and road companies of “Grease” and “Damn Yankees,” and the Public Theater production of “In the Heights” before that, playing Sonny De La Vega. In the film version, he plays Usnavi De La Vega, the role originally played by Lin-Manuel Miranda. Leading up to that film, Ramos co-starred in “A Star Is Born” (2018) and “Godzilla: King of the Monsters” (2019). He’s followed them with the action/thriller “Honest Thief,” with Liam Neeson, Kate Walsh and Robert Patrick. Ramos is currently top billed and shooting the sci-fi/comedy “Distant,” with Naomi Scott, and preparing to star in the next “Transformer” sequel (set for a June 2022 release). But his crowning achievement has to be the Crown Royal ads that run continually!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		-		15
+		-		÷	
	+		x		15
x		+		+	
	x		+		17
14		12		10	

1 2 3 3 4 5 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

This Is Not a Chair – Did you know someone invented a self-making bed? It requires special covers and sheets, but with the push of a button, they curl up into the “made” position. Quite an improvement from the first known bed, 77,000 years ago, when the whole family slept on one thick pile of plants.

The ancient Egyptians had a raised wooden bed with cushions and sheets. By Roman times, there were low metal beds with feather or straw mattresses. But by the 15th century, beds were important. They were on a frame with four posters high off the floor, so they could use heavy drapes to enclose the bed to keep out cold air and bugs. Beds were so high that a stepstool was needed to climb on top. The mattress was a bag of hay, which probably explains why going to bed was called “hitting the hay.” Bedrooms also became more important. They were used for meetings. And not only family, but also servants, slept in the room, some under the bed on a mat. The idea of privacy came by the 18th century, when the bed had a metal frame and a cotton-stuffed mattress and only one or two people slept in it. The 19th century saw more changes. The posts were lowered, so a step stool wasn’t needed. The footboard was smaller, and the smaller frame held metal box springs. The 1960s introduced the foam mattress and once again, the bed was easier to get into.

The antique chair step stool can still be found at auctions. These Federal bird’s-eye maple steps, made in New England, were estimated at \$2,000 to \$3,000 at a Stair Galleries sale.

Q: I grabbed a huge silver-col-

ored pineapple at the opening of a house sale. I discovered that the top opens, and it is lined with white plastic. It is marked M.M. Firenze. I think it’s an ice bucket. I paid \$25. Did I get a bargain?

A: Yes. You bought an Italian ice bucket made in the late 1960s by Fonderia d’Arte. The company made silver colored barware with gold colored trim designed by Mauro Manetti. Examples of this popular aluminum ice bucket have sold in recent years for \$400 to \$1,000.

CURRENT PRICES

Coca-Cola, toy delivery truck, Volkswagen, tin lithograph, logo, yellow & red, plastic bottles in cases, friction, marked, Made in Western Germany, 5 x 9 inches, \$600. Jewelry, pin, jadeite plaque, oval, carved openwork flowers & birds, 14K gold, seed pearl sides, green & black enamel detail, art deco, Cartier, 1 x 1 1/4 inches, \$1,353. Doll, Girl with 2 Faces, smiling & screaming, papier-mache, mohair wig, wood & composition body, pull strings, says “Mama” and “Papa,” Bebe Jumeau, 18 inches, \$4,920.

TIP: To get more light in a room and make the room look larger, mount a mirror opposite a window.

Looking to declutter, downsize or settle an estate? Kovels’ Antiques & Collectibles Price Guide 2021 by Terry and Kim Kovel has the resources you’re looking for.

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STICKELERS by Terry Stickels

- You may know that the word for “loss of smell” is anosmia and that the word for “loss of sight” is amaurosis. What is the word for “loss of taste”?
- To what do the following terms refer?
sinusoidal isarithm neatline
conformal representational fraction
- The Greek prefix for blood is hemo. The Latin term is ____.
- The hardness of minerals is measured on the ____ scale.

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Strange BUT TRUE

* “Bonobo,” the common name for apes, was a typo. Researchers are said to have first found the animals in the town of Bolobo, Zaire, but misspelled the town’s name as “Bonobo” on the crate in which one was shipped, and the error stuck.

* Are you a fan of coffee breaks? Then you’ll want to head to Stoughton, Wisconsin, for their annual Coffee Break Festival, featuring coffee tastings, “brew-offs” and – seriously – bean-spitting contests. Next one’s in August.

* The world’s largest padlock measures an impressive 56.8 inches tall, 41.3 inches wide, and 10.2 inches deep, and weighs in at 916 pounds. Sorry, we don’t know what it was built to protect...

* One of the earliest known vacuum cleaners was so large that it had to be hauled via a horse-drawn carriage. Giant hoses were inserted into customers’ windows

while a gas-powered motor sucked dirt into a glass container for the shock and awe of onlookers.

* You can thank the American armed forces for the first McDonald’s Drive Thru, which made its debut in Sierra Vista, Arizona, near the Fort Huachuca military installation. Rules prohibited soldiers from wearing their uniforms in public, and no one wanted to switch to civvies just to grab a burger, so restaurant manager David Rich cut a hole in the wall, allowing them to pick up their orders without leaving their vehicles. Unsurprisingly, the idea quickly caught on with the general public.

* The next time someone tells you they’re sweating like a pig, they’re actually lying (though, we’re sure, unintentionally!). Pigs are born without sweat glands, hence the need for a nice mud puddle to cool off in.

Thought for the Day: “The beauty of nature has been one of the great inspirations of my life.” – Jim Henson

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Now here’s a tip!

by Jo Ann Derson

* Get cobwebs off a window screen with a lint roller.

* Want to make that summer at-home pedicure last? Don’t skip the base coat or a UV topcoat. The base coat will allow the color to adhere evenly and better. Then the topcoat will protect the color from the sun while giving it a little extra shine.

* “Use an over-the-door shoe holder to house your makeup and hair accessories, plus jewelry and other personal items. You can trim a curtain or piece of fabric to fit over the length of it, and tie it to the top if it looks too messy in your room.” – M.K. in North Carolina

* Use this trick to freshen your stuffed animals. Dust with baking soda and put several together in a large paper grocery bag until it’s half full. Fold the top of the bag down and shake vigorously. Remove the stuffed

friends and shake off any excess baking soda. For good measure, put the dusted-off toys in a low- or no-heat dryer cycle for 10-15 minutes.

* Hashbrowns can be made on a waffle iron. Coat liberally with canola oil or butter-flavored nonstick spray, and add shredded potatoes and finely diced onion. Allow the iron to cook the potatoes to your desired level of crispness, and flip out both sides onto a plate. They will be both crisp and soft!

* Honey has amazing properties, and one of them is its antiseptic powers. You can even use it on pimples. Just a tiny dab will help keep bacteria responsible for breakouts from taking over.

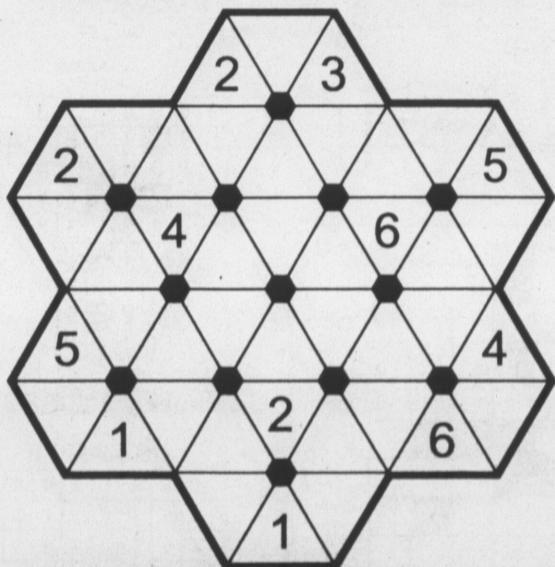
Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



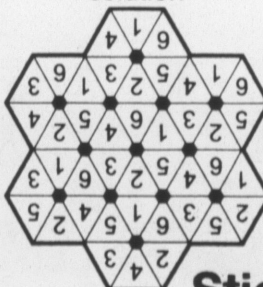
DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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SNOWFLAKES

solution



Go Figure! answers

10	12	14
2	x	2
7	+	x
17	+	x
15	x	4
3	+	4
15	-	+
6	-	3
15	x	3

Stickelers Answer
D. Mohs
C. sanguine
B. maps or mapmaking
A. agnesia

Super Crossword

ALTERNATING NAMES

ACROSS

- 1 Trapped
8 Moderately slow tempo
15 Hot coal
20 Left over
21 Velvet Underground singer
22 Myanmar, previously
23 "Chicago" poet who worked for a rival of Revlon?
25 Vital liquid
26 Pitcher — Nomo
27 Big joint
28 Antique auto
30 Furry Oz visitor
31 More like baking bread's smell
34 * 2003 "American Idol" runner-up from Alberta?
39 Like Hindi or Urdu
41 Many a youth
42 Soup sample
43 * Reply when the crooner of "Honey" asked how he should criticize people?

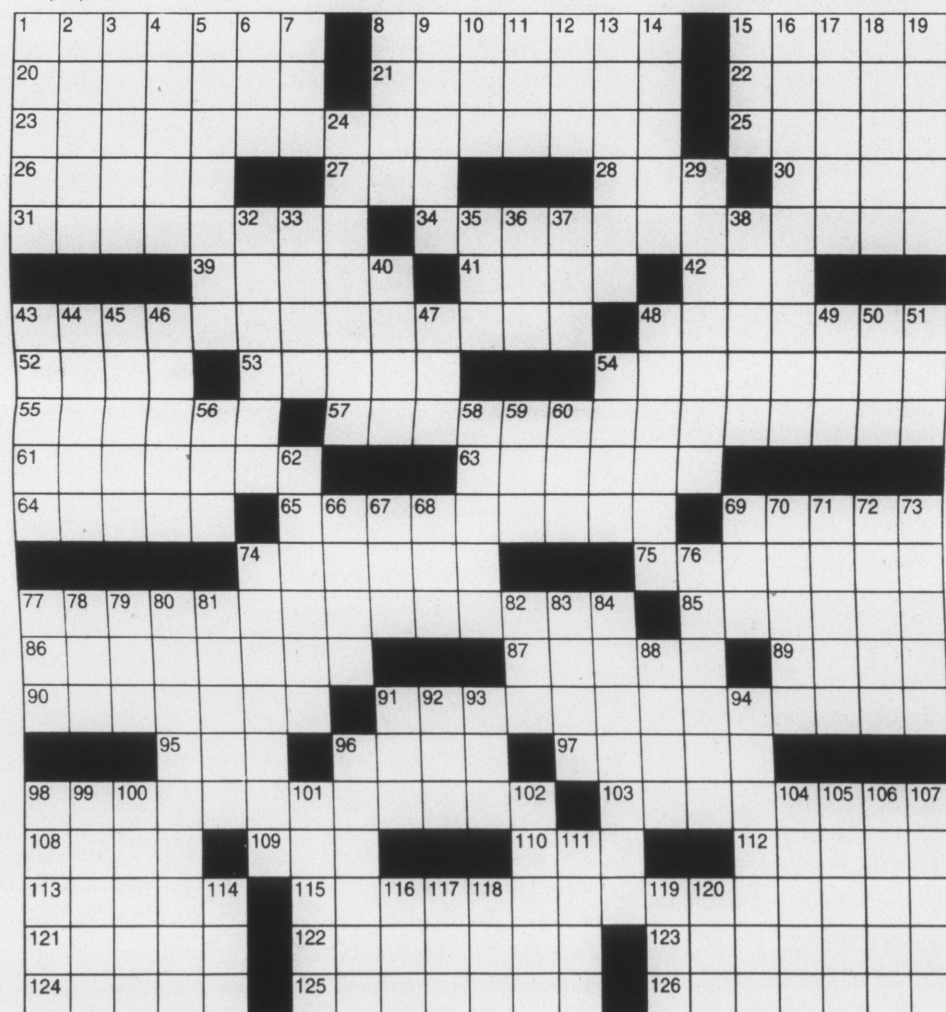
- 48 The Fate who cut the thread of destiny
52 Pitti Palace's river
53 Gladys Knight & the Pips' "I've Got to — Imagination"
54 Like an obsessed mind
55 A whole lot
57 * "Go take a nap, you Bolshevik leader?"
61 Dig up
63 Range ropes
64 Emmy winner Michaels
65 What each guy who's an answer to a starred clue is? [hint: skip over the even letters in his first name]
69 "— diem!"
74 Ate into
75 "180 illegal" road sign
77 * Gets hold of the singer of "Sittin' on the Dock of the Bay?"
85 Got closer to

- 86 Pungent red roots
87 Din
89 Spanish body of water
90 Many private planes
91 * Novelist of "Humboldt's Gift" imitating a beach bird?
95 Chaney of "The Trap"
96 Certain peer
97 "McSorley's Bar" painter John
98 * Co-star of "Neighbors" with a Seussian Star-Belly?
103 Conjecturer's words
108 Is unwell
109 Anvil setting
110 401(k) kin
112 Many a youth
113 Flood control letters in his first name
115 * 20-season Houston Astros player who was a hot rodder?
121 Big blue expanse
122 Worked, as dough
123 Garage door gadgets
124 Aeries, e.g.
125 Veterans

- 126 Co-star of HBO's "Insecure"
DOWN
1 Restless
2 "I'm serious!"
3 Came — (burrito fill)
4 Is like a mole
5 Like salivary glands near ears
6 Gold, to Luis
7 — Aviv
8 Jai —
9 Like Macs
10 Film bomb
11 Wall St. operator
12 Not old, in Ulm
13 Earthling, in sci-fi
14 Lawn tidier
15 Dwindle
16 Like PCs with several peripheral hookup points
17 Small stream
18 Overact
19 Cellular gas
24 Dwindle
29 Pearl holders
32 Smitten erotically
33 Big name in ice cream
35 121-Across off Va.

- 36 Spike in film
37 "Is that so!"
38 — surface missile
40 Short negligee, for short
43 Duff of art
44 University city in Maine
45 Fewer than
46 Actor Lloyd
47 Soap stuff
48 Basketball Jamison
49 Faux —
50 Doc — (foe of Spidey)
51 Big blue expanse
54 Savvy about
56 Prior to
58 "Judge —" (1995 film)
59 Crude fluid
60 Retail store starter?
62 Stable group
66 Diana of "West 11"
67 Ike's initials
68 Grazed (on)
69 Acting nudge
70 The tiniest bit
71 Pastoral
72 Rival of Ragù
73 Bequeath
74 Embellish
76 Barely there phone signal
77 Frodo foe

- 78 Sweetie, in modern lingo
79 Eagles' stats
80 Non-window flight request
81 Ain't correct?
82 Gerund suffix
83 We, to Henri
84 Anderson of "The X-Files"
88 Trough food
91 — Paulo
92 Unit of work
93 London beer
94 Foes
96 Wayward
98 Beauty shop
99 Family girl
100 Santas' aides
101 Taxi drivers
102 Not as nasty
104 — petition
105 Felix played by Randall
106 Kelly of "One Tree Hill"
107 Irregularly notched
111 Clears (of)
114 USN off.
116 "Citizen X" co-star
117 Sleazy paper
118 Lemon drink
119 "... grace of God —"
120 Med. stats. taken with
arm cuffs



celebrity extra

by Dana Jackson

Q: What happened to Lucas Black on "NCIS: New Orleans"? I miss him and Shalita Grant. The show isn't as good now. — K.R.H.

A: Lucas Black had a very successful run on "NCIS: New Orleans" as Special Agent Christopher Lasalle, but chose to leave the show after a few seasons in order to spend more time with his family. Recently, on the podcast "Legacy Starts Today," Black said that he worked up to 70 hours in a five-day week on "NCIS: NOLA" and worried about the toll it was taking on his family. He explained, "You can't keep going at that pace and, I think, have a healthy marriage. It's not sustainable; it's inevitable that something bad is gonna happen if you stay working at that pace."

Black didn't quit acting though, instead focusing on short-term film roles in the "Fast and the Furious" franchise, including "F9," which is now in theaters. He also has a YouTube channel called "Real Life Lucas Black," which focuses on his love of hunting and fishing.

Unfortunately, "NCIS: NOLA" has been canceled.

"NCIS" will relocate to Hawaii for its next series with a new female lead played by Vanessa Lachey. Showrunners have hinted that "NOLA" star Scott Bakula could drop in for a visit.

As for Shalita Grant, who played Special Agent Sonja Percy, she chose to leave after three years. Coming from a theater background, she wanted to be able to express herself more and followed up with a couple more regular roles in the Netflix series "Santa Clarita Diet" and "You." She also started a haircare line for fragile hair called Four Naturals. Now that Broadway is opening back up, perhaps she'll return to her first love: the stage.

Q: Will there be another season of "The Crown" on Netflix and, if so, when can we expect it? — F.A.

A: Yes, there will definitely be a fifth season of the critically acclaimed series about the royal family. Season four focused on Charles and Diana, as well as Prime Minister Margaret Thatcher. Dominic West ("The Affair") and Elizabeth Debicki ("Tenet") will take over the roles of Charles and Diana, with Olivia Williams reportedly cast as Camilla Parker Bowles and Imelda Staunton as Queen Elizabeth.

No official premiere date has been announced, but several publications speculate that "The Crown" will likely



Lucas Black in "NCIS: New Orleans"
Photo Credit: Cliff Lipson/CBS

return in late 2021 or early 2022.

Q: I heard that several cast members are leaving "Saturday Night Live." Cecily Strong is my favorite. Is she coming back? — Y.J.

A: According to TVLine.com, "SNL" typically does not hammer out new contracts (or not) until late summer, but many believe that Strong's rendition of the classic song "My Way" on the season finale was her way of stating her independence — away from "SNL." She's currently starring in the limited series "Schmigadoon!" on Apple TV+, a parody of 1940s musicals, opposite Keegan-Michael Key.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

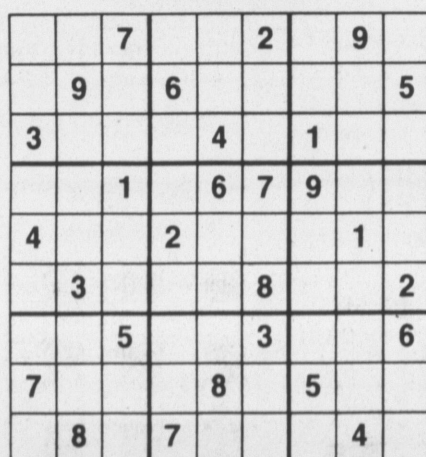
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|---------------------------|-------------|-------------------------|---------------|
| 1. Get on the bus | — O — — — | Part of a Santa costume | — E — — — |
| 2. Chilly season | — — — T — — | Victorious one | — — — N — — |
| 3. Last round of exams | — — — — — S | Last part of a show | — — — — — E |
| 4. Show repentance | A — — — — | Film director Oliver | — — — S — — |
| 5. Create a new device | — — — V — — | Use a tab key | — — — D — — |
| 6. Dracula's fashion item | — — — A — — | Cuckoo's home | — — — C — — |
| 7. Confound | — — — U — — | Envelope sticker | — — — A — — |
| 8. Curious George | M — — — — | Eddie Murphy role | — — — D — — |
| 9. Playground meanie | — — — L — — | Inconveniently large | — — — K — — |
| 10. Author Jane | — — — — — E | Capital city of Texas | — — — — — I — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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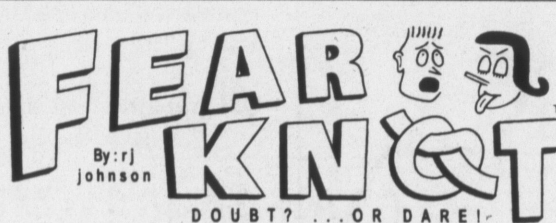
Super Crossword

Answers

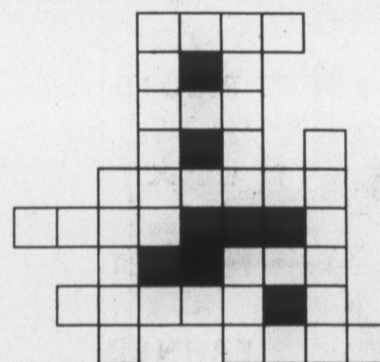


Even Exchange answers

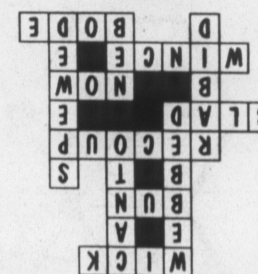
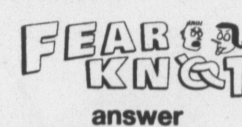
- | | | | | | |
|-------------------|-----------------|-------------------|-------------------|-----------------|--------------------|
| 1. Board, Beard | 6. Clock, Clock | 7. Stump, Stamp | 8. Monkey, Donkey | 9. Billy, Bulky | 10. Austen, Austin |
| 1. Invent, Indent | 4. Alone, Stone | 3. Finals, Finale | 2. Winter, Winner | 1. Board, Beard | 6. Clock, Clock |



- ♥ EBN
DEPWES
♥ DARBI
IKWUC
ORPUCE
♥ BNU
ACDL
NOTAC
♥ WNO
EBBDEW
NEWIC
EBDO

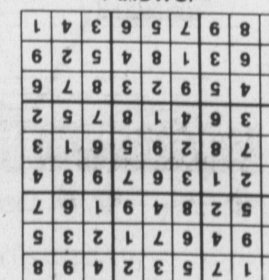


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



JUL

8

2021

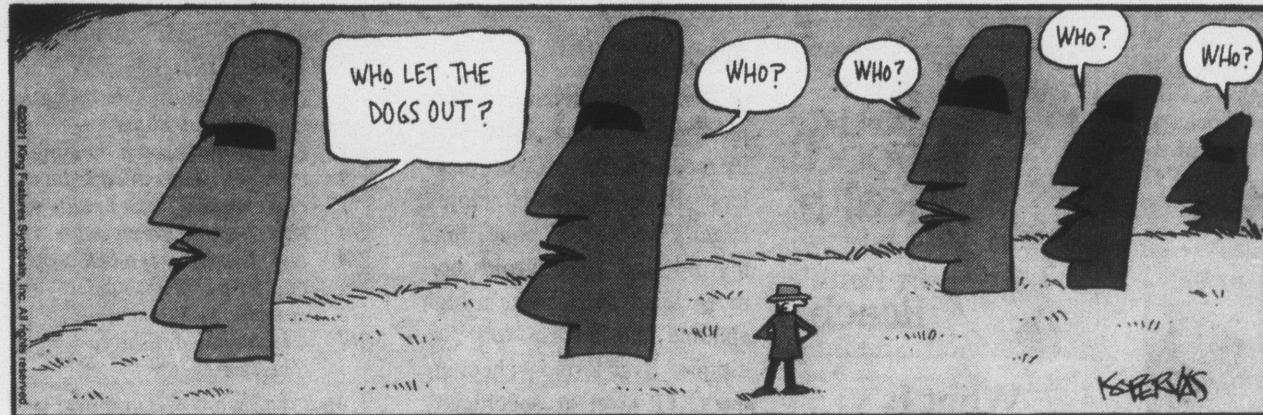
Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Revolver
PILOTS
Serve
REACT
Royalty
HORNET
Cherish
EARNED

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

4	6	5	6	3	1
5	6	1	2	3	4
1	6	6	6	5	2
2	3	2	1	4	5
2	1	3	5	1	3
2	4	3	3	6	1

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Help Fight Off Fleas With Brewer's Yeast

DEAR PAW'S CORNER: Regarding cats with fleas, I have had great success eliminating fleas by adding powdered brewer's yeast to their food. One of my cats even licked it out of her bowl dry. Brewer's yeast is usually available at health food stores. — Suzanne F., via email

DEAR SUZANNE: Thank you for the tip! Brewer's yeast is a great nutritional supplement for cats and dogs, and many owners have observed that their pets have fewer fleas when it's added to their food. It can certainly be a strong asset to a well-rounded flea fighting strategy.

For cats and small dogs, sprinkle about half a teaspoon on their food at mealtimes. For medium dogs up to 30 pounds, increase that to a tea-

spoon. For every 30 pounds over that, add a teaspoon of brewer's yeast. Consistency is important.

Brewer's yeast, unfortunately, does not repel ticks, so pets — even those who stay indoors — should be checked regularly throughout the spring, summer and fall for these little hangers-on. Brush your pet's coat daily to remove flea eggs and any remaining fleas. Owners may need to use stronger flea and tick treatments in addition to brewer's yeast, but it's still a great ally in the fight against fleas.

Other flea prevention strategies include vacuuming your home twice a week during peak season to reduce tracked-in fleas and their eggs, and quickly ruffling your pet's coat with a towel and cleaning their paws when they come indoors. Bathing your dog or cat can help reduce irritation from flea bites, but only use shampoos designed for pets to keep their skin from drying out and becoming more irritated.

Send your flea-fighting tips to ask@pawscorner.com.

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TOP TEN VIDEO, DVD for release week of June 28, 2021

- Video on Demand**
1. Raya and the Last Dragon (PG) animated
 2. The Marksman (PG-13) Kathryn Winnick
 3. Rogue Hostage (NR) Tyrese Gibson
 4. The Dry (R) Eric Bana
 5. The Courier (PG-13) Benedict Cumberbatch
 6. The Misfits (R) Pierce Brosnan
 7. Tom & Jerry (PG) Chloe Grace Moretz
 8. Queen Bees (PG-13) Ellen Burstyn
 9. The Misfits/1961 (NR) Clark Gable
 10. Four Good Days (R) Mila

Kunis

DVD, Blu-ray Sales

1. Godzilla vs. Kong (PG-13) Warner Bros.
2. Raya and the Last Dragon (PG) Disney
3. Wonder Woman (PG-13) Warner Bros.
4. Godzilla/Kong 3-Film Collection (PG-13) Warner Bros.
5. Tom & Jerry (PG) Warner Bros.
6. The Hitman's Wife's Bodyguard (R) Lionsgate
7. Voyagers (PG-13) Lionsgate
8. A Quiet Place (PG-13) Paramount
9. Indiana Jones 4-Movie Collection (PG-13) Paramount
10. John Wick (R) Lionsgate

Source: Comscore/Media Play News

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Hitori answer

1	6	3	3	4	2
3	5	1	3	2	2
5	1	4	2	3	2
2	6	6	6	9	1
4	2	3	4	5	6
1	6	3	1	4	6

SCRAMBLERS
solution
1. Pistol 2. Cater
3. Throne 4. Enderar
Today's Word
CHEAP

MORE FUN



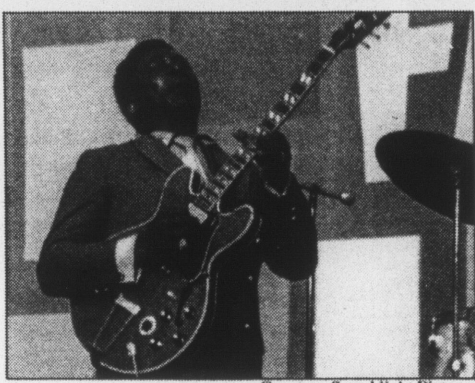
Summer of Soul (PG-13) — Over-shadowed by the Woodstock festival held the same summer, the Harlem Cultural Festival celebrated African-American music, culture and Black pride. But footage of the multiple concerts sat idle and unseen for decades despite featuring some of the biggest names in popular music, like Stevie Wonder, Gladys Knight and the Fifth Dimension. More than 50 years later, the 1969 festival is finally brought forth in full color by musician and first-time director Ahmir "Questlove" Thompson. This remarkable treasure of 1960s Black culture was named the 2021 Sundance Film Festival Grand Jury Prize winner. (Hulu, theaters)

Monsters at Work — Ever wondered what becomes of graduates of Monsters University? Like many of us, recent grad Tylor Tuskmon finds out the work world isn't always what we anticipate. Starting his new job as a mechanic on the Monsters, Inc. facilities team, he finds that instead of scares, it's laughter they're after. This animated series sees the return of familiar "Monsters, Inc." characters Sulley and Mike, along with a host of new ones, including Val (voiced by Mindy Kaling) and Fritz (Henry Winkler). Four weekly episodes begin airing July 7. (Disney+)

Midnight in the Garden of Good and Evil (R) — If you missed this 1997 mystery thriller, pour yourself a bourbon neat and get comfortable. Highfalutin parties, eccentric Southern locals and romantic betrayal are supporting cast members to a high-society murder that centers the plot. Based on the best-selling novel by John Berendt, "Midnight" is directed by Clint Eastwood and stars Kevin Spacey, John Cusack and Jude Law.

It's based on real events that occurred in 1981 in Savannah, Georgia, and was filmed on location there. If you love moonlight, magnolias and Old South finery — as well as a whodunit and why — this movie is a dream. (HBOMax)

Luxe Listings Sydney, Season 1 — I can't get enough of programs that remind me just how house poor I am. Even better is when they take place in locales I've never visited. If you, too, are curious what the power-posing, suit wearing, over-made-up men and women of real estate "down under" are doing, this is the series for you. This Amazon Original series features beautiful and pretentious people selling beautiful and pretentious homes for ridiculous prices throughout the coastal Australian real estate market. (Amazon Prime Video)



B.B. King in "Summer of Soul"

High on the Hog — This four-episode Netflix original documentary series traces the connection of traditional and modern-day Black cuisine back to its basic roots in pre-slavery Africa. Chef and food writer Stephen Satterfield travels to Western Africa and throughout the American South to learn how Black cuisine evolved, or sometimes, stayed exactly the same over centuries. With the help of African-American culinary historians and cultural preservationists, Satterfield explores how food traditions bridge the generations on two continents. While the interviews with locals are at times sleepy, the emotional and spiritual reactions Satterfield experiences are striking. Each episode is historically informative and culturally relevant. (Netflix)

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Contract Bridge

BIG THINGS COME IN SMALL PACKAGES

East dealer.
Both sides vulnerable.

NORTH		EAST	
♠ 7 5 4 3 2		♠ J 9	
♥ 6		♥ A K 10 9 7 4 2	
♦ 7 5 4		♦ 9 3	
♣ K 7 3 2		♣ 10 5	
SOUTH		WEST	
♠ A K Q 10 8 6		♠ J 8 5 3	
♥ —		♥ K Q 8 2	
♦ A J 10 6		♦ J 9 8 6	
♣ A Q 4			

The bidding:
East South West North
3♥ Dble 4♥ Pass
Pass 4♣ 5♥ 5♣
Pass 6♣

Opening lead — queen of hearts.

"For the want of a nail, the kingdom was lost" might well apply to many bridge hands where a seemingly insignificant card makes all the difference between success and failure for declarer.

If declarer doesn't have the critical card, then he can't be held accountable for the outcome. But if he has it when play begins and misuses it, he has no one to blame but himself for an unsatisfactory result.

Take this deal where South wound

up in six spades after a highly competitive auction. Pleased with his prospects, he ruffed the opening heart lead with the six, drew trump and then played the A-Q-K of clubs, setting the stage for an endplay.

If the clubs had broken 3-3, or if West had started with only two clubs, the plan would have succeeded. South would then have led a diamond to the jack, forcing a diamond return from West into the A-10 or a ruff-and-discard, either of which would have yielded the slam.

As it was, though, when declarer led a diamond to the jack, West won and exited with his remaining club. South ruffed and had to lose another diamond for down one.

As the cards lie, declarer could have made his contract by ruffing dummy's club and leading the jack of diamonds from his hand. But this would not have worked out well if East had started with one of the diamond honors. However, given that the slam was a sure thing from the start regardless of how the opposing cards were divided, that declarer misguessed how to play at the end at least served the interests of justice.

To assure the slam, all declarer has to do is ruff the opening heart lead with any spade higher than the six. After drawing trump and cashing the A-Q-K of clubs, he ruffs dummy's last club high and then leads the six of spades to dummy's seven. Now a diamond to the jack truly endplays West.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

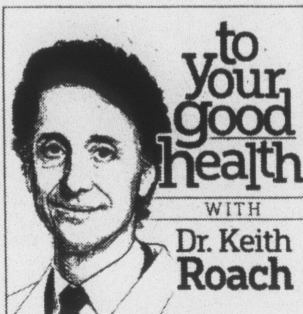
WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT TYPE OF CHEESE DO DOGS PUT ON THEIR PIZZA?

LAMEST	—	LEAST	FLOATS	—	LOFTS
UNREST	—	RENTS	COVERS	—	COVES
THREAT	—	HATER	FOOLED	—	FLOOD
VILEST	—	LIVES	PEARLS	—	PARES
FRYERS	—	FERRY	BLADES	—	BEADS
			HURRAY	—	HURRY

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What Is Treatment For A Fatty Liver?

DEAR DR. ROACH: I am a 77-year-old woman. I am 5 feet, 2 inches tall and weigh 107 pounds. I take no medication. When I went to the doctor last week, he found that my alkaline phosphatase was 176, my ALT 10, and my AST 11. He told me I had fatty liver and to get a scan, but I had no way to get to the place to have it done. He did not say anything else about it. I have no symptoms. Does this sound like fatty liver to you? I did not really like my doctor, but with my insurance it is hard to change doctors.

If I do have fatty liver, is there anything I can do for it?—J.F.

ANSWER: Fatty liver is an increasingly common problem. Risk factors include being overweight and having diabetes, high blood pressure and abnormal blood cholesterol levels. Alcohol use is also a cause of fatty liver, and all people with fatty liver are strongly recommended to abstain from alcohol entirely. The primary treatment is diet and weight loss.

It sounds like there was some missed communication between you and your doctor. Fatty liver is a possibility; however, it does not seem likely to me, as you have not identified any of the risk factors, and you are certainly not overweight (if anything, you are a bit underweight). Further, although the alkaline phosphatase can be elevated in fatty liver (yours is just a bit high), it is more common for AST and ALT to be elevated, which yours are not.

An ultrasound scan is a good, but not definitive, way of looking for fatty liver. A liver biopsy is still the definitive test, but it's often not done in people whose history, physical exam and ultrasound are all

suggestive.

A slightly abnormal alkaline phosphatase does not necessarily mean you have a liver problem. Bone issues (fractures, Paget's disease of bone, high thyroid and parathyroid hormone levels) can cause a high alkaline phosphatase, too. Additional liver tests — checking the GGT level or specifically what kind of alkaline phosphatase you have (by isoenzyme analysis) — can make the source of the elevated alkaline phosphatase clearer.

Getting an ultrasound scan and additional blood tests is a reasonable place to start. Unfortunately, lack of confidence in your physician is a different problem. If you really can't get a new doctor, then you need to have a conversation about proceeding with evaluation in such a way that you can do so while being confident that you are getting good advice.

DEAR DR. ROACH: A few years ago, I read that the herbal supplement feverfew may help with some migraines. Having suffered with severe migraine for over 50 years, I decided to try it. I take one capsule four times a day, and it has completely rid me of my migraines. Would you please mention it again?—B.J.F.

ANSWER: Feverfew is a common herbal remedy to prevent migraine, and although not all trials have shown benefit, the majority of studies I have read showed that it is more effective than a placebo and the side effect risk is very small. Other nonprescription treatments that have been shown in most studies to be beneficial include magnesium, riboflavin and coenzyme Q10. They are generally safe and well-tolerated, and I hope others may get the same relief you have found.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids Answer

Comfort foods

Made fast and healthy



by Healthy Exchanges

Southwestern Pasta Salad

Call it a reunion, a get-together or just a picnic in the backyard. What can be better than gathering together with family and celebrating with food, fellowship and fun? Take this layered pasta salad to the next "potluck" and be sure to enjoy yourself!

- 1 1/2 cups cold cooked rotini pasta, rinsed and drained
- 1/4 cup fat-free Ranch dressing
- 2 cups finely shredded lettuce
- 1 cup chopped fresh tomato
- 1/4 cup chopped green onion
- 1/4 cup chopped green bell pepper
- 3/4 cup fat-free mayonnaise
- 1/2 cup chunky salsa
- 3/4 cup shredded reduced-fat Cheddar cheese

1. In a medium bowl, combine rotini pasta and Ranch dressing. In an 8-by-8-inch dish, layer lettuce, rotini pasta, tomato, onion and green pepper. 2. In a small bowl, combine mayonnaise and salsa. Evenly spread dressing mixture over vegetables. Sprinkle Cheddar cheese evenly over top. Cover and refrigerate for at least 30 minutes. Divide into 6 servings.

• Each serving equals: 143 calories, 3g fat, 7g protein, 22g carb., 465mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Vegetable, 1/2 Meat.

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1. What song was Jan and Dean's only No. 1 hit?
2. Where did Procol Harum get its name?
3. Which artist released "You Should Hear How She Talks About You"?
4. What was the Buffalo Springfield's "For What It's Worth" about?
5. Name the song that contains this lyric: "Sometimes in the mornin' when shadows are deep, I lie here beside you just watching you sleep."

Answers

1. "Surf City," by Jan and Dean in 1963. The lyrics claimed that in Surf City there were two girls for every boy. The song was written by Brian Wilson of the Beach Boys.
2. From a cat, per the legend. Originally known as the Paramounts and then the Pinewoods, the band took its name from a Burmese Blue named Procol Harum.
3. Charlie Dore, in 1981. But it was Melissa Manchester's 1982 version that netted a Grammy Award for Best Female Pop Vocal Performance.
4. Although often considered an anti-war song, it was actually about street riots on Sunset Strip in response to youth curfews in 1966.
5. "My Cup Runneth Over," by Ed Ames in 1967. The song was used in the 1966 Broadway musical "I Do! I Do!" While many others covered the song, it was the Ames version that was most popular.

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HURRY	A	HURRAY
BEADS	L	BLADES
PARES	T	PEARLS
FLOOD	E	FOOLED
COVERS	R	COVERS
LOFTS	A	FLOATS
FERRY	S	FRYERS
LIVES	T	VILEST
HATER	T	THREAT
RENTS	U	UNREST
LEAST	M	LAMEST

JUL

8

2021

Quincy-North Quincy Track

Results Of Patriot League Championships

Held At Hingham High School

FIRST	LAST	GENDER	EVENT	PERFORMANCE	PLACE
Emilia	Henry	F	100	13.70	8
Kimberly	Le	F	100	14.51	17
Sofija	Slezas	F	200	27.37	2
Victoria	Rak	F	200	28.20	6
Isa	Hanley	F	800	2:31.66	8
Aluna	Coogan-Coyne	F	1600	5:28.67	3
Kiera	Sleiman	F	100HH	17.71	8
Eileen	Durgin	F	100HH	18.21	10
Emilia	Henry	F	4 x 100	3	52.28
Eileen	Durgin	F	4 x 100		
Victoria	Rak	F	4 x 100		
Sofija	Slezas	F	4 x 100		
Ciara	Golden	F	400LH	1:20.44	10
Lauren	Donahue	F	Discus	62'04"	14
Niamh	Mwafurirwa	F	Discus	61'02"	16
Natalia	Kepczynski	F	High Jump	4'08"	5t
Victoria	Berry	F	Javelin	58'04"	25
Lucy	Lynch	F	Javelin	80'11"	8
Kelsy	Duong	F	Javelin	95'05"	4
Emilia	Henry	F	Javelin	99'02"	1
Sorcha	Quinn	F	Javelin	95'07"	3
Kiera	Sleiman	F	Long Jump	14'04.5"	17
Victoria	Rak	F	Long Jump	15'01"	10
Eileen	Durgin	F	Long Jump	15'06.25"	9
Lauren	Donahue	F	Shotput	24'05.5"	15
Niamh	Mwafurirwa	F	Shotput	30'07.5"	3

Two Residents Earn Emerson College Degrees

Two Quincy residents recently graduated from Emerson College in Boston. Maysoon Khan earned a bachelor of science degree in journalism and Nicole Salvatore earned a bachelor of arts degree in media arts production.

23 Residents Pull Nomination Papers

Cont'd From Page 10

1,086 in the closest of the four contested races for ward seats that year.

A third candidate, John Rodophele of Grenwold Road, has also taken out papers to seek the Ward 5 seat this fall. Rodophele ran unsuccessfully for the Ward 5 seat in 2017 and ran for School Committee twice before that.

Andronico, an Endicott Street resident who was appointed to the Ward 2 seat earlier this year, also faces a potential challenge in the fall. Steven Perdios of Ruggles Street and Jorgette Theophilis of Norman Road have taken out nomination papers to run for that seat.

Andronico was appointed to the seat in January following the resignation of longtime councillor Brad Croall. Croall was first elected in 2011, when he defeated Steven Perdios by 56 votes.

Ward 3 Councillor Ian Cain of Forbes Hill Road,

Ward 4 Councillor Brian Palmucci of Cross Street and Ward 6 Councillor William Harris of Ashworth Road have all taken out nomination papers to run for reelection. No challengers have yet to emerge in those races.

The three incumbent at-large councillors – Noel DiBona of Chickatabot Road, Nina Liang of Grand View Avenue, and Anne Mahoney of Ferriter Street – have pulled papers to seek reelection.

One challenger, William Burke of Rice Road, has taken out papers to run for an at-large seat. Burke ran unsuccessfully for state representative in 2018 and had run for Congress two years prior.

There is no mayoral election this year. Mayor Thomas Koch was reelected to a four-year term in 2019.

The deadline to return nomination papers to the Board of Registrars is 5 p.m. on July 27 and certified

FIRST	LAST	GENDER	EVENT	PERFORMANCE	PLACE
Matt	Wong	M	100	11.49	2
Jose	Las	M	100	12.24	15
Nick	Pereira	M	200	23.82	3
Oisin	Coogan-Coyne	M	400	56.18	8
Matthew	Francouer	M	800	2:07.53	6
QuangVinh	Tran	M	800	2:12.77	9
Kyle	Clements	M	1600	5:06.89	22
Robert	Cannon	M	3200	10:15.99	4
Keywonn	Fields	M	110HH	21.41	11
Matt	Wong	M	4 x 100	44.60	1
Jaycee	Ham	M	4 x 100		
Jose	Las	M	4 x 100		
Nick	Pereira	M	4 x 100		
Oisin	Coogan-Coyne	M	4 x 400	4:02.56	7
Bobby	Donovan	M	4 x 400		
Patrick	Lee	M	4 x 400		
Charlie	Codner	M	4 x 400		
Bobby	Donovan	M	400IH	64.24	6
Charlie	Codner	M	400IH	68.10	12
Huy	Ho	M	400IH	73.95	19
Jeanior	Alexis	M	Discus	74'00"	20
Devin	Nellany	M	Discus	78'11"	16
Ahmad	Powell	M	Discus	73'05"	21
Gabe	Rodrigues	M	Discus	97'09"	8
Caleb	Parsons-Gomes	M	High Jump	5'04"	10t
Keywonn	Fields	M	High Jump	5'04"	10t
Jaycee	Ham	M	High Jump	5'10"	3
Clayton	Corley	M	Javelin	119'03"	6
Jack	Nelson	M	Javelin	123'06"	5
Charlie	Codner	M	Shotput	34'09"	14
Ahmad	Powell	M	Shotput	38'00.5"	7
Gabe	Rodriguez	M	Shotput	35'05.5"	11
Jaycee	Ham	M	Triple Jump	40'05.75"	4

Quincy Point Congregational Church

their ward.

If needed, a preliminary election would be held on Sept. 14. A preliminary election would be required if more than two candidates qualify for the ballot in a ward council race, or if more than six qualify in either the councillor at-large or the school board races.

The final election is slated for Nov. 2.

First Baptist Church

The First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, is open for everyone.

For those who have not fully vaccinated, continue to wear mask and safe distance. However, on-line worship will continue.

Online dial-in/Zoom weekly meeting schedule (see church website):

- Sunday 10:30 a.m. worship service
- Wednesday 6:30 p.m. Community Group Meeting
- Thursday 6:30 p.m. Bible Class – Book of Revelation

elation

- Friday 11 a.m. Prayer Group Meeting

A Vietnamese Sunday Worship Service is held every Sunday, 9:30 a.m. at the Fellowship Hall led by Pastor Duc ducphamboston2015@gmail.com

The church's 150th Anniversary is coming soon. The celebration will be held Sept. 26.

For inquiries about church ministries and activities, call 617-472-0824 and ask for Lewann Mina, the church administrator.

Quincy Point Congregational Church has Sunday worship at 10 a.m. both in-person at 444 Washington St., in the sanctuary, or on-line worship on The Quincy Point Congregational Church YouTube page.

Janice Chandler will be the lay reader and Liz Milch Grabke will be the soloist for the July 11 service.

Note schedules could change due to COVID or installation of the new sound system, so stay tuned to the church Facebook and Twitter pages. Add yourself to the e-mail list to receive updates, just visit the church website at www.quincy-pointcong.org and fill out the form on right hand bottom of page.

Church School for All – Summer edition airs at 9:15 a.m. on the Quincy Point Congregational Church YouTube channel on Sundays. The Summer series is based on the book by Charles Swindoll, "Paw Paw Chuck's Big Ideas in the Bible" and this week Dick Raymond will read, "Barbear Shop Quartet" a story about thankfulness. Due to copyright guidelines from the publisher this video is designated as "un-listed" so the church will need to email you a link to the video. The instructions to make sure you are on the mailing list are above.

The Missions and Social Justice Committee of Quincy Point Congregational Church is sponsoring a summer clothing collection for Quincy Public Schools McKinney Vento Program. Items needed in children's sizes XS-XL are: children's underwear (needed most), socks (needed most), t-shirts, sweatpants and leggings. Drive ends on Sept. 26. Drop off to the church on Sundays, before worship or weekdays from 9 a.m. to 2 p.m. (ring the church doorbell by the bakery, doorbell at the Abbey Road accessible door) or call 617-773-6424.

CLASSIFIEDS

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SERVICES	SERVICES	SERVICES	SERVICES	SERVICES	SERVICES
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MISCELLANEOUS "The miracle worker (can see) all human behavior as either love or a call for love." —MARIANNE WILLIAMSON	MISCELLANEOUS FAMILY HISTORY RESEARCH IMMIGRATION & GENEALOGY Ireland - Scotland - Wales - Italy CREATE A FAMILY TREE! Call Jim - 617-416-8400	PERSONAL THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. D.J.	MISCELLANEOUS ANTIQUE LOVERS TAKE NOTE! BRIMFIELD IS BACK-ALL SHOWS! July 13-18. New shows open daily. Visit www.BrimfieldAntiqueFleaMarket.com for info on individual shows. Next Show Dates: September 7-12.	J.F. ROOFING Co. QUINCY, MA • Shingles • Rubber • Slate • Copper • Vinyl Replacement Windows 617-471-8216 CREDIT CARDS ACCEPTED	PLEASE RECYCLE THIS NEWSPAPER

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 Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place	ARTERY GROCERY 1000 Southern Artery	7-11 721 Hancock St.
NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	7-11 495 Washington St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.
HANCOCK MARKET 1520 Hancock St.	DAIRY FARM 330 Washington St.	CVS 42 Beale St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	7-11 230 Washington St.	COFFEE BREAK CAFE 12 Old Colony Ave.
STAR MARKET 130 Granite St.	STOP & SHOP Southern Artery	SUPREME LIQUORS 615 Hancock St.
WALGREENS 132 Granite St.	CVS Southern Artery	SQUANTUM MARKET 205 W. Squantum St.
FRANKLIN ST. BP 60 Franklin St.	7-11 78 Franklin St.	STOP & SHOP 65 Newport Ave.
7-11 78 Franklin St.	VILLAGE COMM. MARKET 100 Willard St.	7-11 363 Hancock St.
SHOP N SAVE LIQUORS 20 Independence Ave.	COPELAND LIQUORS 273 Copeland St.	WALGREENS 324 Hancock St.
DONUT + DONUTS + MUFFINS 33 Scammell St.	GRANITE MART 308 Willard St.	SAM'S VARIETY 125 Billings Rd.
PRESIDENTIAL LIQUORS 25 Scammell St.	7-11 Copeland St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
ADAMS VARIETY 22 Independence Ave.	JOE'S PLACE 260 Centre St.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
DAILY MART 291 Quincy Ave.	CORNER FOOD MARKET 1060 Hancock St.	CARMINE'S CAFE 69 Huckins Ave.
ROCHE BROTHERS The Falls	200 FOOD MART 200 Sea St.	7-11 751 E. Squantum St.
WALGREENS 418 Quincy Ave.	ADAMS SHORE SUPERMARKET 494 Sea St.	LUCKY SHAMROCK 265 Beale St.
WALGREENS 550 Adams St.	PALMER STREET MARKET 231 Palmer St.	EVEREST MARKET 121 Standish Ave.
	BERNIE'S GENERAL STORE 1147 Sea St.	5 CORNER FOOD MART 163 Newbury Ave.
		WEST ELM VARIETY 139 W. Elm Ave.

THANK YOU
 ST. JUDE, BLESSED MOTHER,
 ST. ANTHONY, ST. JOSEPH,
 ST. PEREGRINE,
 ST. THERESA
 J.D.

"The miracle worker (can see) all human behavior as either love or a call for love."
 —MARIANNE WILLIAMSON

THE MIRACLE PRAYER
 Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen.
 Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. S.C.

Thank You Again St. Jude, St. Anthony, St. Joseph, St. Michael, Blessed Mother, St. Peregrine and St. Theresa
 M.A.S.

Save Gas & Money, Shop Locally



The Quincy Sun CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET, QUINCY, MA 02169
 PAYABLE IN ADVANCE. Payment must accompany order.

INDEX	RATES
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Colorful Flag Day Fireworks Light Up Quincy Bay



FIREWORKS CELEBRATE Quincy Flag Day June 12 in a spectacular display over Quincy Bay. These photos were taken by Amy Kelly (above) and Kim Trillcott (below).



10th Anniversary Garden Stroll July 15 With Friends Of Crane Public Library

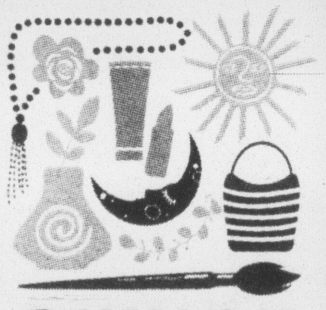
The public is invited Thursday, July 15 at noon to 6 p.m. to take a Garden Stroll at the Thomas Crane Public Library in celebration of the 10th Anniversary of the Friends' Gardens.

Meet Lead Gardeners, Mimi Balsamo and Claire Fitzmaurice from The Wollaston Garden Club, who designed and continue to maintain the atrium and peace garden flower beds. Bring your questions and your cameras.

In the event of inclement weather this program will be held on Saturday, July 17, from noon to 6 p.m.



WHEN THE LIGHTING STRIKES . . . Color photograph by William DelMonte captures a lightning bolt piercing a dark sky over Wollaston during a recent thunderstorm. This view is of Beale Street area looking north towards Boston.



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NQ High School Art Students Address Pollution With Posters

Cont'd From Page 15

that aim to reduce polluted stormwater runoff through regional cooperation and resource sharing. The program is managed by the Neponset River Watershed Association (NepRWA).

As part of the program, NepRWA Outreach Director, Nancy Fyler, visited with students in Kevin Motta's Design and Visual Communications 1 Class to raise awareness of the issue. At the end of the presentation, the students were chal-

lenged to come up with a creative solution to educate the public about polluted stormwater runoff. The students further researched the topic, discussed how to clearly communicate the message to their audience, and created outreach posters in a simple and visually striking way, using Adobe Illustrator and Photoshop.

"It was a great experience to learn about how we negatively impact the natural waterways individually," said student Sandy Cai. "I

personally love the lessons I've learned about the origin of polluted waterways. I enjoy that we are helping others realize our impacts on pollution through making these colorful posters."

The students who participated in the project were Sandy Cai (Grade 11), Brian Chan (Grade 10), Ke Chen (Grade 11), Nathan Guan (Grade 11), Herron Situ (Grade 11), Oliver Smith (Grade 11), and Songen Yu (Grade 11).

For more information on how to reduce polluted stormwater runoff around your home or business, visit www.YourCleanWater.org

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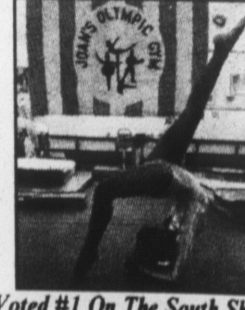
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